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October 2012
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Welcome!



It is with much excitement I bring you this, our fifth birthday issue. Not only is it a big anniversary – which we are celebrating with a **free giveaway** for every single one of our readers (turn to p33 to find out how to claim yours), a special birthday party feature, and amazing competitions with prizes adding up to a whopping **Dhs50,000** – but it's also the issue in which we unveil a whole new look for the magazine.

The mag is now divided into three fresh, easy-to-navigate sections. *Starters*, our opening section, gives you quick, easy reads on everything from food news and product reviews, to restaurant offers. Next comes *Home Cooking*, in which we now carry all our recipes, from tried-and-tested simple, everyday meals, to stylish chef creations, and relaxed weekend cooking – this is the main section where everything you've come to love about *BBC Good Food ME* can be found, in a user-friendly format.

Our third section is *Gourmet Lifestyle*, the bit which you can sink your teeth into – interviews with top chefs, travel features, health and nutrition advice, kitchen design, food trends, global cuisines... If it's related to food, it's in here. And if the Home Cooking section is what you take into the kitchen with you, this is the section you'll want to sit down with, to read over a relaxing cup of tea. Plus, we've also introduced a few new regular pages, including *Culina-reads* (book reviews), *Kitchen Notes* (cooking tips and tricks), and *Taste of the world* (a round-up of the latest food news from around the planet).

We've been listening to you, and that's been our driving force in bringing you this revamp. Keeping everything you cherish about the magazine intact, we've updated it to give you even more fresh, relevant content, becoming the definitive read for all foodies. I'd love to know what you think, so please write in to me at **feedback@bbcgoodfoodme.com** – I can't wait to hear from you!

In the meantime, enjoy the issue, and get ready to cook up a storm, because the fun is just about to begin...

Sudeshna

Editor's picks



This new Elizabeth Gilbert book will be my bedtime reading in the weeks to come, p17.



I try and eat gluten-free, so this pasta range is definitely making it into my shopping list, p57.



A Caribbean-style chicken dish that's delicious and so easy to make? Bring it on! p92.

BBC GoodFood MIDDLE EAST

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BIRTHDAY READER GIVEAWAY!
Get your free *BBC Good Food ME* 5th anniversary goodie bag from Kitsch Cupcakes, details on **p33**
*Limited period offer

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The *BBC Good Food ME* 5th anniversary celebration cake

Our recipe descriptions

V **Suitable for vegetarians**

You can freeze it

Not suitable for freezing

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.

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Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- **contains pork** P
- **contains alcohol**

Your say

We love to hear from you!

NEW FLAVOURS



I truly liked the *Back To school* special in the September issue, that featured many wonderful child-friendly recipes, and particularly enjoyed reading Annabel Karmel's tips and easy to follow recipes (*Making child's play of school lunches!*) which had great ideas and a variety of ways to give children nutritious foods – her recipes are really useful for engaging children in the wonderful world of food. As a parent, I want to give my child the best nutritional start and expose his palate to many different tastes, starting from a young age. It is always nice to learn new recipes that are appealing to children as, every parent knows how difficult it can be to please a child. These tips and recipes are easy to follow and will certainly please the whole family.
Reema Shetty

SOMETHING FOR EACH DAY



I was worried about the lunches I would be giving my son, as I needed something healthy that was also easy to cook every morning. Kids get bored of eating the same food over and over again, and after some time, stop eating all together. I loved how the Back to School section had so many recipes, which allow me to give him something different every day. The *After-school Dinners* recipes are also very handy.
Nawal Hammad

Star Letter

DESPERATE MEASURES

My child just started school for the first time this year and I started panicking about the lunchboxes I was going to prepare. He is a fussy eater, as most kids are, and it is so difficult to prepare a healthy meal for school, for him. I have tried throughout the years, in every possible way, to make him eat healthy, and have succeeded to a great level. Before the school year began, I did extensive research online and tried lots of different recipes. I even asked the school if they share food between the kids, which they don't, so I was relieved to know he eats only his own healthy meal. The September issue of the magazine was of such great help, as it had lots of great tips and recipes. Reading the emotional story of Annabel Karmel made my heart melt – it just shows how much a mother is ready to do for her child. It's an amazing thing how a life struggle leads to a great success, and the measures mothers take to make sure their child is healthy. I am definitely getting a few of her cookbooks.
Emilija Andjelkovic





The writer of the Star Letter wins a fabulous **Calphalon Anodised Cookware** set worth **Dhs1,890** from **Jashanmal**. The heavy-gauge anodised aluminum utensils provide excellent heat conduction and uniform cooking, while tempered glass lids with stainless steel rims offer a clear view of pan contents, so you can easily monitor your cooking. Classic cooking was never easier!



FIRST IMPRESSIONS

I'm glad to have purchased the Living Social deal for a six month subscription to the *BBC Good Food ME* magazine, as it is a delight to read and store on the bookshelf, for a food enthusiast like me. The September issue – and my first copy ever – was packed with attention grabbing articles and the Back to School theme was very well covered. I used the recipes from the *Time for Lunch* feature for adult office lunches, by making a few tweaks here and there, and they were all delicious. I also loved making the fresh juices (*Sunshine Coolers*), and my three year old niece enjoyed assisting her mom with baking cupcakes, while her mom made use of the tips from Cooking with the Kids. I am a pure vegetarian, and I appreciate that BBC Good Food ME recipes allows me to innovatively substitute the meat in many recipes with vegetarian options.
Arti Karnik

FAMILY FRIEND

I absolutely love the magazine and what it offers. Being a mother and a wife who has to balance a career and a family at home, your magazine is an invaluable resource. From interesting recipes, to dining options and kitchen gadget reviews, you are definitely on the ball and I'm thankful that it makes my life a whole lot easier. Keep up the good work!
Samantha Bradley

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts, views and comments.

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Or, you could write to us at:
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We asked you…

Facebook poll

What is the one kitchen gadget you can't live without?

58% Microwave oven

10% Other

32% Food processor/blender



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Foodie file

What's hot and happening in the culinary world, here and around the globe.



DINE IN THE CITY

✳ The JBR strip just got luxed up with the opening of the Meydan Beach Club – a chic beachfront location with stunning pools, gym, spa and lounge bar – but we're most excited about this month's opening of the first Giannino's restaurant (a Michelin-starred haunt popular with celebrities and royalty alike) outside Milan (shown here). We had a sneak preview, so we can let you in on what to expect: dramatic and stylish décor, with a relaxed outdoor air-conditioned terrace area, an impressive wine cellar exclusively housing Italian wines, and deliciously authentic Milanese cuisine. Call 04-4333777.

✳ As the temperatures start to go down, enjoy the great outdoors at newly opened Turquoiz, the beach lounge and restaurant at the The St. Regis Saadiyat Island Resort. Try their fresh seafood options, while taking in the ocean views on the sunset terrace and relaxing to lounge music by the resident DJ. Call 02-4988008.

✳ Italian definitely seems to be this month's theme, with the newest pizzeria to open in town being the popular Brandi Pizzeria from Naples, Italy – the birthplace of the margherita pizza in 1889. Head down to the first outlet opened outside Italy in The Dubai Mall to get a taste of freshly made pizza oozing with cheese. Call 04-3253336.



A CULINARY CELEBRATION

The International fine food festival taking place from October 30 to November 2 at Meydan Grandstand, is just around the corner, and we can't wait! There will be gourmet produce from local and international suppliers to try, the first cookbook club in the Middle East to join, and the highly anticipated Golden Toque Middle East competition to watch, in which professional and amateur chefs' creations will be judged by the star-studded judging panel that includes Claire Clarke, one of the world's top pastry chefs, cookbook author Ariana Bundy, Michelin Star rated chef Paul Bates, and other local and international personalities. For more info, visit www.ifffestival.com.



This just in:

We love this Country Roses pink vintage 3 piece tea set from Royal Albert's new collection. Dhs200 at Bloomingdale's Home.

SAVE THE DATE

From October 10 to 13, multi award winning pizzaiolo and chef Pasqualino Barbasso from Sicily will be stunning diners at Frankie's Italian Restaurant & Bar, Fairmont Bab Al Bahr, Abu Dhabi, with his acrobatic skills. Head down for dinner and watch him perform, while learning a few tips and tricks on throwing a pizza like a pro. That's not all – on the 13th, a 90-minute family pizza making session and fastest pizza making and flinging competition will take place. Dhs150 for adults and Dhs75 for children, call 02-6543238.



More coffee?

Another random record for the Guinness World Records, and this time it is for the world's biggest cappuccino! Made by 320 baristas and with over 100kgs of coffee beans, 10,000 espresso shots and 1,200 litres of frothed milk, the record was made by premium Austrian coffee brand Julius Meinl in Zagreb, Croatia, to celebrate the brand's 150-year anniversary.

Baking 101 for kids

Children can now get their hands dirty in the kitchen while they learn to bake scones, breads, biscuits and Halloween treats such as pumpkin pie, while learning time saving tips and techniques, from Russell Impiazzi, executive chef of Galleries Lafayette, who has worked with celebrity chef Marco Pierre White, at the Miele kitchen gallery competition brand. Register the kids now for a three-hour long session from Dhs400 to 1,000. Call 800 Miele (64353) for schedules.

"I was 32 when I started cooking; Up until then, I just ate."

- Julia Child

Dubai restaurants on the world map

If there was ever a reason to be proud of the UAE's culinary scene, this is it. Two Jumeirah restaurants, Al Mahara, the seafood restaurant in Burj Al Arab and The Rib Room steakhouse in Jumeirah Emirates Towers, have recently made it to The Daily Meal's first annual 101 Best Hotel Restaurants Around the World List. The Daily Meal is one of the largest sources for restaurant information on the web, and the list was compiled by consulting the Michelin Guide and a group of editors who travelled the world to dine at some of the finest restaurants.

Wedding favourite

Brides-to-be can now take a deep breath and relax – at least as far as their wedding cake is concerned – as The Ritz-Carlton DIFC has recently launched a bespoke wedding cake service 'Crafted with love' (as part of the Ritz-Carlton's Art of the Craft series). French Patisserie chef Guillaume Marchand works carefully with the couple to create a miniature replica that represents their ideas, personalities, favourite cake flavours, concepts and designs, before making the final cake that is sure to stun wedding guests and the couple, before they begin their happily-ever-after. Call 04-3722627.

The French Tea Time - 'France Meets England'



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Aisle file

Gorgeous gourmet buys, kitchen gear, foodie accessories, home décor and more.



Throw in a few slabs of chocolate into this striking Staub chocolate fondue set in cherry red, and dip strawberries and marshmallows in, while watching your favourite TV show – it's the recipe for a perfect Saturday night! Dhs375, at **TAVOLA**.



Ditch the old dinner set at your next party, and opt for this gorgeous Feroza Plate collection from **2XL FURNITURE**, Dhs18 onwards per piece.



Lift up your mood with these green citrus-scented Esteban Sous Les Feuilles scented bouquet sticks. Dhs330, at **HARVEY NICHOLS**.



This Rainbow coffee set is compact enough to store on a kitchen counter for daily use, and your coffee cup will be within reach at any time. Dhs32, at **HOME CENTRE**.



Perfect your salads with this clever Salad dressing recipe bottle, Dhs85, from **HARVEST HOME**, which has different dressing recipes on the bottle – with the measurements clearly marked out – so you never go wrong with the flavour balance again!



This stylish Sue wine cooler, Dhs399 from **THE ONE,** is your perfect entertaining accessory.



This Fatma's Hand gold tray, Dhs330, and glass candle holders, Dhs45, from **O' DE ROSE**, make the perfect Eid gifts.



When the ghouls come out to play, dress up your table with this fun 2-tier Halloween cupcake stand. Dhs32, at **LAKELAND**.



There's nothing like a cup of McStevens Halloween hot chocolate drink mix, to keep the kids warm and happy, on a creepy Halloween night. Dhs7 onwards, at **CANDELITE**.

Compiled by NICOLA MONTEATH

On test: Espresso machines

Essential home gadgets reviewed.



Severin S2 one-touch

The machine, although a bit bulky, looks sleek and stylish, and its nifty, one-touch button operation, and multiple options, makes brewing a delicious cup of coffee a breeze.

What we liked: The machine is very user-friendly, from making coffee, all the way to cleaning it – it actually cleans itself! All you need to do is simply add coffee beans in the compartment on top (which can be left in there until it is used up), water in the compartment attached to the back of the machine, and milk (optional). A pipe is included, which can be placed straight into a bottle of milk, out of which the pipe sucks the milk to use in the coffee. Then, just select the type of coffee you want, and the strength, by adjusting the amount of coffee, milk and water you prefer, and you have your coffee within minutes – pretty simple and straight-forward. Other than espressos, it also brews white coffee, cappuccino, lattes, American coffee and if you want, just plain hot frothy milk. Both fresh coffee beans or powder can be used, and you can also save the type of coffee you prefer under each category and the machine remembers your personalised settings. Plus, it's energy efficient and switches off on its own when not in use.

What we didn't like: It's a bit bulky and occupies a lot of space on the kitchen surface, but it looks like a professional coffee machine.

To buy: Dhs3,450, available at Juma Al Majid, Lavazza (EuroCoffee) and select Jacky's and Plug-Ins (Marina Mall Abu Dhabi) outlets.

User tip
Use good quality coffee beans instead of coffee powder, to enjoy the true aroma and quality of your coffee.



Bosch Vero Bar 600

The fully automatic machine has a one-touch button feature, and milk and steam direct milk frother, which makes everything from macchiato, cappuccinos, lattes and double espressos. The computerised LCD display is interactive and the machine has an insulated bean container which grinds the coffee beans (approximately 300g). With wheels to move it around and a cable storage compartment behind, it is very easy to store and use.

What we liked: One button truly does it all, making this machine very simple to use. Instead of moving the cup for the froth, you can simply move the brewing head next to the frother and enjoy a cappucino. The milk nozzle parts are easily removable, separable, and dishwasher-proof, while the single-portion cleaning function guarantees good coffee taste and ideal hygiene. The intelligent auto-valve system switches between steam and hot water functions to create froth, and there is a convenient quick rinsing function for the milk system as well. You can also save the settings for your favourite types of coffee, instead of adjusting the options to make your perfect cup of coffee each time.

What we didn't like: The drip tray for milk gets filled quickly, as it is not part of big compartment. The machine is also quite large and takes up a lot of counter space.

To buy: Dhs 4,699, available at Sharaf DG, Jacky's, Emax and leading supermarkets.

User tip
Don't forget to pre-heat your cup before drinking, on the machine's handy espresso cup warmer.

Lattisima+ by Nespresso

The espresso machine is a compact unit, with a very chic, stylish design, that fits easily into most spaces within your kitchen. This new model in Nespresso's popular range of coffee machines features a new milk froth function, which means you can whip up a cappuccino or latte in a matter of seconds.

What we liked: The capsule method makes excellent coffee in a range of styles; its speed is a huge advantage if you want to make several cups. The machine makes cappuccinos and lattes as well as strong espressos to a quality standard. The process includes inserting a capsule on top, filling water in the jug attachment and the touch of a button to create an aromatic cup of coffee. I liked how I could put cold or room temperature water, but it turned hot very quickly. The self cleaning milk system is great as you just need to press the button, pull the drip tray and the tubes are flushed with a little water and some steam. Maintaining the machine is also very easy, and the simple design makes it a pleasure to use.

What we didn't like: Setting up the machine was a bit fiddly and time consuming, although you don't have to do this every time you make a coffee. The amount of materials and the waste used for each metal coffee capsule also has a negative environmental impact, in our opinion. The coffee capsules are only available in a few stores or the Nespresso boutiques, and you have to pay quite a lot for a pack, but this is worth it when you taste the quality of your freshly brewed cup of espresso. Capsules can also be ordered online if you want to bulk-buy – this may be the cash saving option in the long run.

To buy: Dhs2,700, available at Nespresso boutiques in Dubai Mall, Mall of the Emirates and Abu Dhabi Mall.



User tip
Make sure to dispose the used capsules, after every 8-10 cups, as it might get jammed and not function well.

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Here to help

Our expert chef Andy Campbell offers practical advice to tackle all your cooking dilemmas.

Q I've noticed a lot of restaurant desserts using balsamic glazed strawberries, and I'd like to try it at home. When balsamic vinegar is mixed with strawberries, why does it turn sweet?

A. Vinegars contain acetic acid, and when you combine this with the sugars in fruit, a tart, sweet and sour taste is achieved. Try it with goat's curd and a shaved fennel on top as a savoury starter, or with a dollop of mascarpone cream on top, as an interesting dessert.

Q What is the best way to cook chicken? Could you please give me a simple method, as well as a way of keeping it from getting stuck to the grill or pan.



A. If roasting a whole chicken, several methods can be used. I was taught to cook chicken on each side first, for a third of the cooking time required. Finish cooking with the breast side down for the final third of the cooking time. Allow to rest for at least 10 minutes before carving and serving to your guests. Using non-stick pans or heavy bottomed skillets heated with cooking oil before adding your chicken will help it not to stick.

Q When I use alternatives to cream in curries, it tends to become a bit lumpy. Could you please suggest the best ingredient to be used?

A. I use full-fat yoghurt to make curries smooth and tasty. Before mixing into your curry, make the yoghurt warm. Another way to add texture to curry is to use ground almond or cashew nuts. Soak them in warm water and blend, then stir in after taking your curry off the heat.

Q How long can you store stock, and do you have any advice on how to make it last longer?

A. Cooked proteins are a high risk product, and to avoid food poisoning possibilities, most guidelines recommend a maximum life of three days – if stored in the refrigerator. It is important to cool your stock to 5C within 2 hours. You can do this by cooling the pan in an iced water bath and stirring the stock from time to time. One of the preferred methods is then to freeze the stock, giving you a month's shelf life.

Q If you want to use sliced garlic on steak, how do you stop the garlic from getting burnt when grilling or frying it? Also, my steak tends to dry out and toughen quickly, please suggest the best cut and method to cook it, so that it stays juicy and tender.



A. There are some very good quality meats available. I prefer rump and rib eye, to fillet, as I think they have more flavour. Bring your meat to room temperature before cooking on a medium heat. Baste with butter to make it crispy on the outside and season when cooked. Instead of using garlic directly, make a garlic butter by mixing parsley, lemon juice, salt, pepper and chopped garlic with butter. Make into a roll using plastic film and cut a disk about 1 cm thick. Top your steak with garlic butter and allow it to melt gently under a hot grill.

Q I want to know how to make a hollandaise sauce that can be kept in the fridge or freezer for a few days, and served at room temperature?

A. Hollandaise sauce is a hot version of mayonnaise using egg yolks and butter instead of oil, flavoured with lemon juice and seasoned with salt and black pepper. If you want to refrigerate or freeze it, make sure the butter is foaming hot when mixing with the yolks; and fold in egg whites beaten into soft peaks, into the egg yolk and butter mixture, to stabilise.

Andy's ingredient of the month



Pursalane, a small leafy herb, has a high water content and is salty and sour in taste. It is rich in Omega 3, antioxidants, vitamins and minerals. Eat it with oily fish such as mackerel, or added to a fattoush salad. Available at Green heart organics or Union Co-operative supermarkets.

Got a cooking question you need answered? Write in to us at **feedback@bbcgoodfoodme.com**.
To find out more about Chef Andy, visit chefandycampbell.com.



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Culina-reads

Reviews of the latest cookbooks, food shows and mobile apps.

On my bookshelf. . .



We ask the pros to tell us about the cookbook they can't live without. **This month, Chef Benoit from Le Classique restaurant, tells us:** "I love cookbooks, but the one that is always close to me in the kitchen is *Le Guide Culinaire* (Flammarion) by legendary French chef Auguste Escoffier. It's the first book I bought, as it has the best of French haute cuisine from the 20th Century, and even though it was first printed in 1903, it's still the ideal reference for a lot of my cooking."

Watch this:



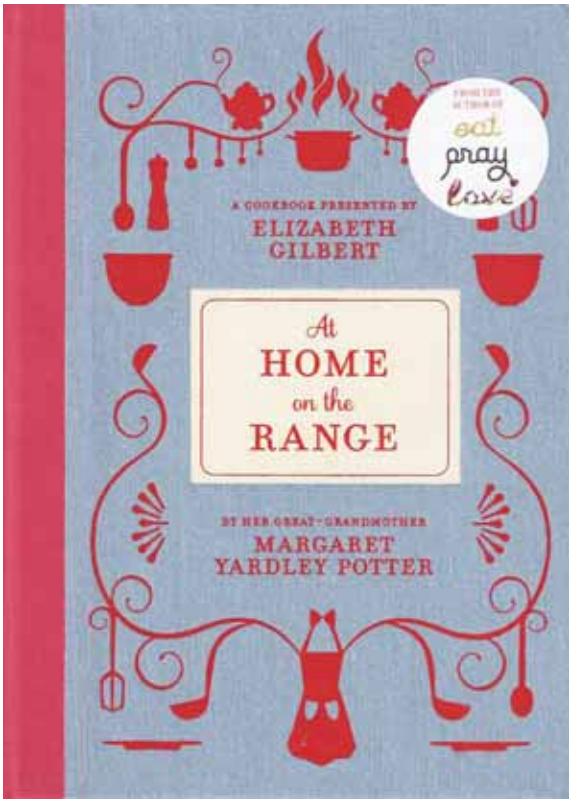
Diners, Drive-Ins and Dives, *daily on Food Network*
This popular TV show follows Californian chef and TV presenter Guy Feiri on a journey through some of the most popular and interesting diners and drive-ins, in the US. Be prepared to get hit by hunger pangs, as Guy tries out mouth-watering foods from each state, and interviews diners on their favourites from the menu.

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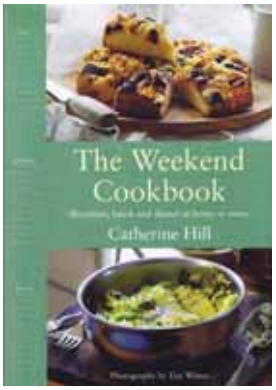


Foodspotting, *Free for I-Phone, Blackberry, and Windows phones*
This snazzy app is based on people's fondness for taking mobile photos of food, and offers an interactive platform for sharing users' photos and recommendations. There are three different ways of using the app – you can simply Like something; or click Want, which directs you to the shown restaurant on Google maps; or you can select the Spot option whereby you upload a picture of what you're eating.

At Home on the Range
by Elizabeth Gilbert (Bloomsbury)

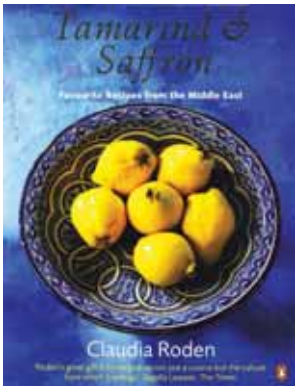


If you enjoyed Elizabeth Gilbert's confessional-style Eat Pray Love, you'll love this rambling tale about food, with personal stories weaved into it, written by her great grandmother Margaret Yardley Potter, and previously published in 1947. As Gilbert points out in her introduction, Potter was well ahead of her time, championing causes like nose-to-tail eating, discovering global cuisines from their authentic sources, and eschewing preservatives and processed foods – something that has only become fashionable in recent years. Her writing is warm, witty and compelling – this is the sort of book you will lose yourself in, as Gilbert did when she discovered it at the bottom of a box while unpacking. Peppered with recipes throughout, and vintage-style illustrations, it provides more inspiration than it does exact recipes to be followed. But, Gilbert remedies that with a section of ten selected family recipes that she has simply transcribed, if you want to reproduce one of the dishes you've read about earlier.
Dhs98, available at Booksplus.



The Weekend Cookbook
by Catherine Hill (Penguin)

Written specifically for those who love to cook – even when on holiday – the book contains recipes for relaxed breakfasts, brunches and easy lunches, as well as special recipes to impress with, when entertaining. Author Catherine Hill also offers handy tips and tricks, and together with the evocative lifestyle photography, if this book doesn't make you want to start packing for a self-catering weekend away straightaway, we don't know what will!
Dhs124, available at Booksplus.



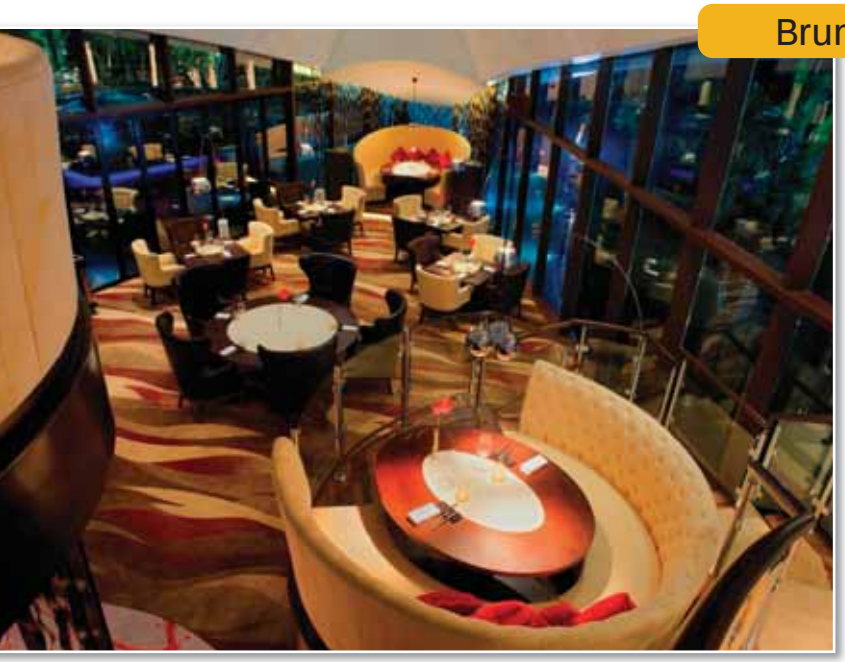
Tamarind & Saffron *by Claudia Roden* (Penguin)

Offering an easy-to-reproduce introduction to Middle Eastern cuisine, this book from the author of *A Book of Middle Eastern Food*, Claudia Roden, is a must for anyone wanting to try new dishes from around the region. The book is divided into ingredient-based sections, such as eggs, fish, meat, bulghur and couscous, as well as an appetiser and dessert section. Accompanied by beautiful photography – for some, not all recipes – it showcases an entire culture and cuisine to unfamiliar palates.
Dhs105, available at Booksplus.

Tried & tasted

Each month, we review two of the city's top tables.

Brunches





Where: Legends at Dubai creek Golf & Yacht Club
What it's like: Located in the midst of the golf greens and yachts, it seemed an unlikely place for a popular brunch to me – until I drove past the full parking lot! Legends was recently remodelled and is now a modern two-level venue with floor to ceiling windows overlooking the Dubai Creek. The restaurant also features an outdoor terrace – perfect for alfresco dining in good weather – and soothing live music at brunch.

The tantalising international buffet features an assortment of small bite-sizes appetisers such as tempura shrimp, mini crab cakes, mini falafal, as well as a live cooking station serving pan seared foie gras accompanied with sweet pineapple. I had to stop and remind myself I still had main courses to go!

Mains are served à la carte, and from the weekly changing menu, there are nine free flowing options to choose from. Although we were encouraged to try all nine, my dining partner and I managed to get through five – Tender Rib eye steak with Shallot butter and home-made fries; Australian lamb navarin with Spring vegetables; Snail with herb and garlic butter; Bouillabaisse with saffron mayonnaise; and Oven baked sea bass with black olives, dill and mozzarella.

For dessert, we admit that we couldn't get beyond a shared chocolate tart, and the classic Crêpes Suzette from a live station. Offering a 'legendary' culinary adventure, a relaxed atmosphere, and plenty of kids' entertainment – complete with entertainers in fairy costumes – this is an ideal brunch spot for the family.

Best for: Cosy family outings

If you want to go: Fridays and Saturdays 12:30pm onwards, prices start from Dhs235 per person (soft drinks). Call 04-2956000.

- Liza Ahern

Where: Bubbalicious, Westin Dubai Mena Seyahi
What's it like: The award-winning Bubbalicious brunch has become something of a Dubai institution, and it's not hard to see why – spread across three different restaurants, the brunch offers a staggering variety of food and drinks, and a lively atmosphere. As you come down the stairs from the grand lobby, the entire floor is transformed into a carnival-style venue, with old-school signposts pointing to the various outlets – Hunters Grill, Spice Emporium, and Blue Orange. A kids play area – with a petting zoo, no less – keeps little ones occupied, while live entertainment is provided by acrobats and musicians, although all the atmosphere you'd need is created by the happy buzz of groups of celebrating friends and family.

Buffet tables are laid out everywhere, groaning under the weight of salads; appetisers from different cuisines, from dim sum to shawarma; and the finest cheeses and cold cuts. Reassuringly, in spite of being a buffet brunch, a majority of the food is cooked live, guaranteeing freshness and great flavours. There's also almost as many bar stations set up as there are food counters – well, not quite – with everything from mojitos to molecular cocktails on offer. There's no way you can work your way through all the variety, so the best strategy is to pick your battles. We really enjoyed the pan-fried barracuda, mini wagyu burgers, roast beef with all the trimmings, tom yum soup, fresh Thai stir-fries served in takeaway style cartons, and the tempting array of desserts – don't miss the blueberry frozen yoghurt, and the chocolate cake.

What impressed me the most was that in spite of how busy it was, the standard of food and service was consistently high – now that is definitely worth an award, in my book.

Best for: Celebrating a special occasion

If you want to go: Fridays, 1pm onwards. Prices start from Dhs350 per person (soft drinks). Call 04-3914141.

- Sudeshna Ghosh

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Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.

✶ Brand new menu

The Ivy at Jumeirah Emirates Towers has introduced a new menu in which the chef showcases creative use of seasonal ingredients to fantastic effect – think cauliflower soup with walnut pesto and blue cheese scone (delish!), roast monkfish with lobster potato, rack of Welsh lamb, and a delightful Chocolate crackle bomb dessert that is dramatically presented at the table to make for a fitting end to the meal (there's also a delightful, harking-back-to-tradition baked Alaska for those who're not chocolate fans).
Available daily, call 04-3198767.





✶ A jazzy brunch

Choose from a range of organic salads, antipasti and sushi from the live cooking stations, at the Friday brunch at Ingredients, Eastern Mangroves Hotel & Spa by Anantara, before settling down for roasts at the carvery station, or delicacies from the five show kitchens specialising in Thai, Chinese, Arabic and Italian cuisine. End the meal with desserts and a selection of fine cheese, while listening to smooth jazz tunes by the live band.
Available every Friday, from Dhs295.
Call 02-6561000.

✶ Italian affair

Tired of over-the-top brunches with overflowing buffet tables and way more food and drink than you can handle? The new Campari Friday Brunch at Bice Ristorante, Hilton Dubai Jumeirah, is a refreshing change with its four course à la carte menu – including dishes like carpaccio alla veneziana, calamari fritti, delicious truffle pasta and melt-in-your mouth chocolate fondant – all washed down by refreshing Campari cocktails.
Available on Fridays, from Dhs285 per head.
Call 04-3182520.

✶ From Lebanon with love

Indulge in authentic Lebanese delights created by Lebanese guest chef Hisham Fahrat, as he takes over the restaurant kitchens at The H hotel, until October 19. The lunch buffet includes signature specials such as carrot hummous, siyadieh (rice and sea bass), moughrabiye, and his famous Lebanese Ouzze. For a more formal experience, book in for the Black tie event event that includes a four course menu with a range of Lebanese wines.
The lunch buffet is available daily for Dhs140 per head. The black tie event is on October 16 from Dhs349 per head. Call 04-5018888.



AOC French Brasserie,
Sofitel Dubai Jumeirah Beach

✶ Saucy meats

Get your fingers messy with BBQ sauce and try out mouth-watering baby back ribs, fried chicken and barbecue meats at the Tennessee BBQ buffet at AOC French Brasserie, Sofitel Dubai Jumeirah Beach, while you sip Tennessee-themed cocktails such as Lynchburg lemonade.
Available on Tuesdays, from Dhs170 per head. Call 04-4484870.

✶ Bavarian celebrations

Oktoberfest season is finally here and we can't wait to try out the German buffet at Le Meridien Abu Dhabi. It includes pretzels, sauerkraut, Bavarian dumplings, homemade sausages and German beers, accompanied by tunes from a live band.
Available on October 17 to 19, from Dhs125 per head. Call 02-6446666.

✶ Are you game?

Reflets par Pierre Gagnaire, InterContinental Dubai Festival City, will be serving up succulent meats including wild pigeon, wild hare and venison, as part of their new season menu. Celebrity chef Pierre Gagnaire will be in the kitchens introducing the menu from October 13-18.
Available daily, call 04-7011127.



✳ Island cuisine

Set off on a culinary journey and enjoy island beats and authentic food from Mauritius, such as Vindaille ourite and rougaille des crevette, from the buffet at Dusk Terrace, The Radisson Blu Hotel, Dubai Media City.
Available from October 18 to 20, Dhs219 onwards. Call 04-3669111.

✳ 25 for 25!

Celebrate the 25th anniversary of Miyako, Hyatt Regency Dubai, with a special menu that includes 25 dishes for just Dhs25 each. Get your chopsticks out to try salmon sushi, grilled salted red snapper, tuna with spicy yukke sauce and delicious Japanese dishes.
Available daily, call 04-3172222.



✳ Arabian nights

If you're looking for a relaxed night out with views of the Dubai creek and skyline, check out The Lounge and café Arabesque at Park Hyatt Dubai for the Shisha at the park promotion, that includes special shisha flavours and traditional favourites as hummous, moutabel baden jan, a Lebanese mixed grill, and grilled lamb chops with oregano, followed by warm and delicious umm ali.
Available daily, from Dhs65. Call 04-3172222.

✳ Girly fun

Head down with your girlfriends to The Gramercy on a Tuesday night to enjoy their 44U ladies night offerings – four complimentary cocktails, a special menu featuring dishes for just Dhs40 (don't miss the tempura shrimps!), live band, and an interactive cointreau cocktail station where you get to mix your own, plus take the cocktail shaker home!
Every Tuesday night 7pm onwards, call 04-4377511.

✳ Hearty breakfast



Make your first meal of the day a healthy one by choosing home-made organic oat granola layered with Greek yoghurt; tofu scrambled eggs; and smoked salmon and cream cheese on sunflower bread at Sophie's Café. We love their organic bircher muesli with fresh berries and mixed nuts, and indulgent French toast with berry compote and organic maple syrup.
Available daily, call 04-3328006.

✳ Argentinean fiesta

Succulent Argentinean meats, foie gras terrine, lobster ceviche, thermidor, Russian caviar and French cheese – make sure you build up an appetite before relishing these fine foods at The Chef Jean-Luc Morcellet brunch (named after the executive chef) at Ewaan, The Palace-The Old Town. Once done, sweeten up your palate with the delectable deep fried ice cream.
Available every Friday from Dhs245 per head. Call 04-8883444.

✳ Sweet deal

Grab your girlfriends and head out for a delicious breakfast or lunch at Leila, Mirdiff City Centre, and enjoy a complimentary dessert.
Available daily. Call 04-2515161.

✳ Share a feast

Four courses at the Armani/Peck, Armani Hotel Dubai, served in traditional sharing style is being offered this month for a great-value price. Expect everything from risotto and pasta, to Livornese seafood stew and ossobuco alla Milanese, and end your meal with an authentic, homemade tiramisu and Sicilian cannoli.
Available on Wednesday, from Dhs240 per head. Call 04-8883888.

✳ Taste of India

Love Indian curries, sweets and snacks? Claypot at Citymax Barsha, is hosting a Desi mela (Indian fair) night on Saturdays throughout the month of October. Watch chefs cook up delicious foods at the live cooking stations and tuck into an à la carte menu of dishes such as such as tandoori prawns, biryanis, and a range of tempting Indian sweets with a twist, such as Gajjar ka halwa and ladoo wrappers in kunafa. Henna painters will also be on hand to add an authentic touch.
Available on Saturday. Call 04-4078000.



LONDON DAIRY

Premium Ice Cream

PRALINES & CREAM

Premium vanilla ice cream with swirls of caramel sauce and caramelised pecan nuts.



Praline perfection

Chef Ahmad Ali Al Farran from Kempinski Ishtar, Dead Sea Jordan, shows us how to use pralines & cream ice cream in more ways than just a scoop, with this chocolate cake and berry concoction.

"The tartness of the berry sauce complements the rich chocolate and nutty ice cream flavours."



Chef Ahmad Ali Al Farran





Chocolate cake with Pralines & cream ice cream

INGREDIENTS

40g butter
60g crystal sugar
3 eggs
100g flour
20g cocoa powder
5g baking soda
2g salt
60ml fresh milk
150g pralines&cream ice cream
50g crusty caps or flat cereal
FOR RASPBERRY SAUCE:
20g raspberry flavour
10g crystal sugar
3g lemon juice
FOR GARNISH
1 chocolate stick
2 fresh peaches, sliced into wedges
2 pcs of strawberry, quartered
3 sprigs mint leaves

METHOD

1 Beat the butter and sugar together until fluffy. Add in the eggs one at a time until well mixed.
2 Combine the flour, baking soda, salt and cocoa powder. Mix well and add milk. Place mixture into a rectangular baking tray. Bake at180°C for 30 to 45 mins or until done. Set aside to cool.
4 To make the raspberry sauce, add all the ingredients in a pot, cook for 7 mins.
5 To serve, cut the ice cream into a rectangular shape by placing in a rectangular mould. Similarly, cut cake into a rectangular shape using a sharp knife. Add ice cream layer on top of the cake and place peaches over it, finally placing the chocolate stick on top. Stick the cereal on the sides. Drizzle some raspberry sauce on the plate and garnish with strawberries and mint leaves.

Garnish with:



1 Fresh peaches add a fruity twist to the dessert.



2 Mint garnish adds colour and a freshness to any dessert.



3 An alternative to the chocolate stick is to simply grate some dark chocolate over it.

A birthday celebration!

We gathered a few of our foodie friends to celebrate our fifth anniversary in style. Photographs CRIS MEJORADA



A fifth birthday is something of a milestone, so we couldn't think of a better excuse to throw a party. A motley crew of culinary personalities including Areej Jomaa, Saba Wahid and Chef Andy Campbell, food bloggers such as Dima Sharif and Sally Prosser, a lucky few food club members, and other friends, joined the *BBC Good Food ME* team at the trendy Make Business Hub in JBR for an informal afternoon tea party – but with a contemporary twist (there wasn't a scone in sight)!

Guests mingled over glasses of refreshing passionfruit mocktails, before sitting down to a delicious feast of sharing platters of salads, flatbreads, tarts and cupcakes served up by the talented team at Make.

That wasn't all, as, while the plates started getting cleared, we were treated to a demo of the multi-talented Kenwood Chef Titanium machine, using which, the chef showed us how to make the sinfully good Bannoffee, peanut butter and white chocolate cupcakes which everyone scoffed down straight after.

Those weren't the only cupcakes we enjoyed, as Kitsch cupcakes also joined in the fun with a special batch of *BBC Good Food ME* 5th anniversary cupcakes, which people could then personalise and decorate as they wanted. Kitsch was also responsible for our stunning birthday cake (on the cover) which was almost too pretty to eat, but tasted as good as it looked. Guests walked away with their decorated cupcakes and lots of sweet treats from Candelite that were showcased at the party.

ON THE MENU

- Smoked trout salad with rocket, blood orange and almonds
- Confit duck and onion flatbread
- Organic salmon and cream cheese flatbread
- Polenta cake, wild mushroom, peas and rocket
- Butternut, carrot and goat's cheese tartlets
- Bannoffee, peanut butter and white chocolate cupcakes

Props from Crate & Barrel (04-3990125); Lakeland (04-3236081)Home Centre (04-3414441); and Candelite (04-3631602).



Smoked trout salad with rocket, blood orange and almonds

SERVES 6

550g rocket leaves
2 whole blood oranges, segmented
2 tbsp almonds
2 fillets of smoked trout
Zest of one blood orange, to garnish
Coarse sea salt and freshly-ground black pepper, to taste
FOR THE DRESSING
4 tbsp of freshly squeezed blood orange juice
1½ tbsp of honey
1 tsp sherry vinegar
1 tsp wholegrain mustard
4 tbsp extra-virgin olive oil

1 Wash and dry the rocket leaves thoroughly and place in a bowl with the segmented oranges. Toast the almonds in a dry pan over high heat to release the oils. When cool, add to the rocket and orange mix.
2 Place the smoked trout on a baking sheet and place in a pre-heated oven at 200C and cook for 3-5 minutes. Remove and allow to cool. Flake the fish, and check for any stray fish bones left behind.
3 Combine all the dressing ingredients. Add the flaked smoked trout to the salad mixture, followed by the dressing, and toss to coat evenly. Finish with freshly ground pepper and garnish with orange zest to serve.

Confit duck and onion flatbread

SERVES 6

2 duck legs, preferably organic
3 sprigs of thyme
2 garlic cloves, finely chopped
250g small white onion
200g baby onions
Juice of 1 orange
500ml chicken stock, preferably organic
1 tsp salt
1 tsp black pepper
2 tbsp white wine vinegar
2 tbsp of olive oil
6 toasted flatbreads
1 pear, sliced paper thin
Handful of chopped parsley, to garnish

1 Preheat oven to 200C. In a roasting pan, place the duck together with the thyme, garlic, white onion, baby onions, orange juice and chicken stock, and season with salt and pepper. Cover with foil or a lid, and roast for 2 hours. After two hours, remove the cover and continue to cook for another 20-30 mins, ensuring that everything is evenly cooked. When the duck is tender, remove from the oven, reserving the cooking mash and juices.
2 When the duck is cooled enough to handle, carefully remove the skin and bones, placing the meat in a bowl. Using a fork, carefully shred the duck meat and add the reserved white onion mash. Taste for seasoning, and add salt and pepper if required.
3 Turn on your oven grill/broiler. Brush the flatbread with olive oil, place on a baking sheet, and grill in the oven for 3-4 mins.
4 Combine the olive oil with the white wine vinegar. To serve, spread 2-3 tbsp of the duck mixture onto the toasted flatbreads, add a few slivers of the pear and finishing with a garnish of parsley and a drizzle of olive oil and vinegar mixture.









Organic salmon and cream cheese flatbread

2 organic salmon filets
1 bay leaf
2 tbsp olive oil
20g juniper berries
150ml sweet non-alcoholic wine
Sea salt and coarse black pepper, to taste
1 whole lemon
6 toasted flatbreads
12 stalks of asparagus
2 cloves of garlic, peeled and chopped
250g cream cheese
2 tbsp chives, chopped
1 lemon, sliced into thin wedges

1 Preheat oven to 200C. Drizzle olive oil on a baking sheet and place the salmon fillets skin side down. Squeeze the juice of the lemon on the fihs. Add bay leaf, juniper berries, non-alcoholic wine, salt, and the lemon rind, and cover with foil. Place in the oven and bake for 15-20 mins.
2 While the salmon is cooking, place the flatbread on a baking sheet and place on another shelf in the oven for 4-5 mins. Remove, and while still hot, rub with garlic and leave to cool.
3 Trim the asparagus stalks and blanch for 2 mins and then set aside to cool.
4 Once the salmon is cooked, remove from the oven and flake the fillets apart with a fork into big chunks and set aside.
5 To assemble your flatbread, spread a layer of crème cheese onto each flatbread and layer the salmon on top, garnishing with 2 asparagus stalks per flatbread, followed by a sprinkle of salt and pepper. Top with chives and thinly-sliced lemon wedges.

Butternut, carrot and goat's cheese tartlets

SERVES 6

450g butternut squash, peeled and seeded
2 tbsp olive oil
1 tsp mustard seeds
180g carrots, peeled and coarsely grated
35g caster sugar
30ml white wine vinegar
50ml orange juice
30g butter, at room temperature
400g shortcrust pastry dough
150g goat's cheese
1 egg yolk
120ml whipping cream
20g chives, chopped
40g Parmesan cheese, freshly grated
Salt and black pepper

1 Preheat the oven to 170C. Mix the diced squash with 1 tbsp of olive oil and some salt and pepper. Put the squash into a roasting dish and cook for 15 minutes or until semi-soft. Leave aside to cool.
2 Heat the remaining oil in a large saucepan and add the mustard seeds. Cook until they start to pop, then add the grated carrots and cook, stirring frequently, for 10 minutes. Stir in the sugar, white wine vinegar, and orange juice, bring to the boil and then reduce the heat to a low simmer. Cook for 20-25 mins, stirring occasionally, until almost all the liquid has evaporated. Remove from the heat and leave to cool.
3 Melt the butter, then brush a tart tin with it. On a lightly floured surface, roll out the pastry to 3-4 mm thick. Place pastry in the tart tin, and trim the edges to fit. Chill for at least 30 mins. Line the base and sides with a disc of greaseproof paper and fill it with baking beans (you can use dried kidney beans) or rice. Blind bake at 170 C for 20 mins, then remove the paper and beans, and return to the oven for 5-10 mins, until golden brown. Leave to cool.
4 Turn the oven up to 180C. In a large bowl, combine the egg yolk with the cream, chives, grated Parmesan, a pinch of salt and a good grind of black pepper. Whisk together until the cream firms to soft peaks and then refrigerate.
5 Spread the carrot mixture at the base of a baking tray. Top with the butternut squash and crumble the goat's cheese over it. Spoon over the cream mixture, filling almost to the top. Bake in the oven for about 15 mins, until the filling is golden and set. Serve warm.









Polenta cake, wild mushroom, peas and rocket

SERVES 6

400g uncooked polenta
400ml water
1 bay leaf
1 tsp coarse sea salt
1 tsp ground black pepper
¼ cup of Parmesan cheese, freshly grated
2 tbsp unsalted butter
2 tbsp vegetable oil, for frying the polenta cake
FOR THE MUSHROOM TOPPING
400g Portobello mushrooms, sliced
400g button mushrooms, sliced
150g porcini mushrooms, sliced
2 tbsp butter
2 sprigs of thyme
2 cloves of garlic, crushed
1 tsp coarse sea salt
1 tsp ground black pepper
½ cup green peas, cooked in salted water al dente
2 tbsp olive oil
Juice of 1 lemon
300g rocket leaves
½ tbsp garlic olive oil
Parmesan shavings, to garnish

1 Lightly grease a baking tray and set aside.
2 Heat the water in a large saucepan, add the bay leaf, and season with salt and pepper, bringing to simmer over medium heat. Slowly add the polenta to the saucepan while continuously stirring with a wooden spoon, and keep cooking over very low heat for around 20 mins, stirring from time to time. Remove the pan from the heat, and carefully remove the bay leaf.
3 Add the grated parmesan to the polenta, then swiftly stir in the butter. Once it is all well mixed, pour the soft polenta into the greased baking tray and cover with cling wrap. Refrigerate to cool for 2-3 hrs. Once cooled, remove from fridge and uncover, placing on a wooden board. Using a sharp knife, cut the polenta into 8x8 cm squares.
4 Heat the vegetable oil in hot pan over medium to high and carefully place the polenta cakes in the pan, frying each for 5 minutes on each side until golden. (Be careful not to overcrowd the pan as this will cause the polenta to steam instead of fry, you may have to do this in batches). Once golden, remove with a spatula and drain on a paper towel.
5 To make the mushroom topping, preheat oven to 190C. Combine the sliced mushrooms in a roasting tray with the butter, thyme, crushed garlic and salt and pepper. Place in the oven and roast for 15 mins or until slightly wilted.
6 Allow the mushrooms to cool slightly and combine in a bowl with cooked peas, olive oil and lemon juice. Add the rocket to the mixture and toss lightly before plating a handful of each mixture on top of a polenta cake. Garnish with parmesan shavings and garlic-infused olive oil, and serve.

Recipe demo

The Kenwood and Make teams put the Kenwood Chef Titanium through the paces, demostrating the Banoffee cupcake recipe.







A big thank you to our partners:

kitsch cupcakes

KENWOOD CREATE MORE

MAKE BLOGGERS HUB

Bannoffee, peanut butter and white chocolate cupcakes

SERVES 6

180g white chocolate
120g smooth reduce-fat peanut butter
2 tbsp icing sugar, sifted
Pinch of salt
120ml caramel sauce
4-5 digestive biscuits
25g butter, melted
1 small banana, sliced thinly
200ml whipping cream
1 tbsp caster sugar

1 Line a mini muffin tray with mini paper cups. Melt white chocolate in a microwave or bowl over simmering water until smooth and melted. Using a teaspoon, spoon a little white chocolate into the bottom of the muffin moulds, easing it up the sides so that the sides have a layer of chocolate. Place in fridge for 5 mins or until it sets and hardens.

2 Mix peanut butter, icing sugar and salt in a bowl. Using clean hands, knead it until it is smooth and combined.

3 In a food processor, or with a rolling pin, grind biscuits until they become crumbs. Add the melted butter and stir until it becomes like damp sand. Refrigerate for 5 mins until the crumbs and butter are set.

4 Once the white chocolate has hardened, spoon 1 tbsp of the biscuit mix into each mould. Then spoon around 1 tsp caramel sauce into the mould. Add a little bit of the peanut butter mix, and gently push into the cup. Then place a slice of banana on top gently pushing it down so that the caramel spreads out.

5 Whip the cream and caster sugar together until it reaches soft peaks. Put a dollop of the whipped cream on top of the banoffee cupcake and serve. GF





Take 5!

We're all about the number five this month, so we get the five best tips from five leading experts in food and homes, to help you turn into a domestic goddess – today.

SPEEDY COOKING TIPS



Farah Sawaf, founder of cookery website Cooking with a manicure and mother of two, shares her tips on preparing, feast, easy family meals:

1 Write out a list

Have a comprehensive shopping list before heading to the stores, to save time, and plan which stores to go to for what – certain grocery stores are good for certain things, so make sure you plan a separate produce day and meat day. If you organise your shopping trips, you will be able to get the best value for your money, while feeling reassured about the quality of your ingredients.

2 Prep Prep Prep

Pre-chop, pre-measure and prepare. Whether it's for a dinner party, or routine packed lunches, you will work much more swiftly if you have everything ready and simply have to put it all together. I do this for packed lunches for my family – on a Saturday night, I prepare for the next three days; mid week, I prep for the rest of the week.

3 Study your recipe

If you are cooking something for the first time, read the recipe ahead to avoid making mistakes and repeating steps. On days when you're pressed for time, stick to the tried and tested that you know you can cook quickly, as things you're used to making, you will be able to put together much faster.

4 Use the lemon logic

Lemon juice is a great ingredient for adding a bit of punch to any quick dish. A clever way to never get caught out without fresh lemons in the kitchen is to squeeze the juice of 20 lemons and freeze in an ice cube tray. It's also a quick-fix way to make a delicious refreshing drink, just added to water.

5 Clean as you go

Every 15 minutes, do a quick 5-minute speed clean and you will see how much of a difference it makes – you will not only work more efficiently, but you will also save a lot of time on doing a big clean-up afterwards.

FRESH TIPS



Mike Wunsch, Managing director and head chef of Barakat, fresh fruit and veg supplier, gives us smart solutions for keeping produce fresh for longer:

1 Manage your fridge

The temperature should be set to between 2 to 6C. Every household should have a fridge thermometer – which is kept inside to check the consistency of the temperature – depending on how often you open your fridge. In a single person's household, temperatures can be higher (4 to 8C) as compared to a big family where the fridge is opened very frequently. Most people know to store certain vegetables in their refrigerator, but never give a second thought to using their crisper drawer properly. The crisper drawer in most modern fridges has a lever which can be moved to control airflow into the drawer – to helps keep vegetables fresher.

2 Discard rotten produce

Check your fridge daily, and throw away rotten fruit or veg immediately, as once it starts to decompose, it will start to spoil other produce in your fridge. Check what you have lying around every few days, and make a stew or or a stock with them; you can freeze the stock and use it for soups or sauces.

3 Buy fresh

If you can, buy from the farmers markets, as they usually offer produce harvested within 24 hours. If the produce is imported, then it is already reaching the end of its lifespan when purchased. If you do not know what produce you should refrigerate, and what you should store at room temperature, pay attention to how the supermarket stores them – if they keep something at room temperature, then you should store it at room temperature at home too.



4 Increase the life span of your herbs
Buy herbs in bulk and store for up to a month with this handy tip: Wash and leave to air dry on a paper towel. Chop and spread on a tray covered with a paper towel, and place in your freezer, leaving them for about one hour to freeze. After an hour, take them out and quickly transfer into a zipper bag, close the bag with little air as possible. Use them as you would use fresh herbs.

5 Wash later
Do not wash produce prior to storing them in the refrigerator. Vegetables such as carrots, broccoli, cauliflower, lettuce, green onions, squash and radishes keep much better unwashed, and in perforated plastic bags. Washing these items adds water content which will lead them to spoil quickly.

HEALTH TIPS



Nathalie Haddad, Dietitian and Managing director of Right Bite healthy meal delivery service company, reminds us of some classic words of nutrition wisdom:

1 Eat small, frequent and nutritious meals
This will help boost your metabolism and curb your appetite. Avoid going more than four hours without consuming any food.

2 Keep an eye on portion sizes
Keeping portion sizes moderate is key to weight management. An average meal should have half your plate filled with vegetables; quarter filled with complex carbohydrates (such as wholegrains and legumes); and the other quarter should include lean sources of protein (such as chicken, fish, or superfoods like quinoa).

3 Get smart with eating out
Begin your meal with a salad, and always ask for dressing on the side – avoid any creamy dressings. This way, having already had a starter, you won't be tempted to reach out for a sugary dessert at the end. When going to a party, make sure you nibble on some crudités or fruit before you go, or else you will end up eating calorific canapés.

4 Snack right
When it comes to snacking, make healthy food choices such as vegetable crudités with hoummus, a low-fat dip, unsweetened yoghurt with fresh fruit, or a handful of unsalted almonds.

5 Say yes to sweets
If you're craving dessert, don't deny yourself. Just make sure you choose something healthy such as fruit with low-fat cottage cheese.

KITCHEN TIPS



Alison Laws, Lakeland's international operations manager, shares handy hints on keeping a clean kitchen:

1 Clear out the clutter
Have a place for everything, and don't let clutter accumulate. It's much easier to use a utensil or appliance, clean it and put it away straight after using when it has a specific home to be stored in. Identify areas in your kitchen that accumulate clutter and take a few minutes every day to clear it out and keep objects in their correct storage areas.

2 Try the soda bicarb magic
For a quick cleaning solution for your gas hobs, dismantle them for cleaning and put pan stands in the dishwasher or soak in laundry detergent and hot water. The burners can be scrubbed with bicarbonate of soda and water, and the base plate can be wiped down with warm soapy water. Polish glass or metal surfaces with a micro-fibre cloth to keep them smear-free.

3 Clean up for better cooling
Every week, remove fridge shelves and compartments, and wash them in warm soapy water before rinsing. Wipe the inside of the fridge with a potion made up of two teaspoons of bicarbonate of soda, for every litre of warm water. When cleaning the rubber door seal, use an old toothbrush. Don't forget the outside of the door and the handle – germs will remain here if unchecked.

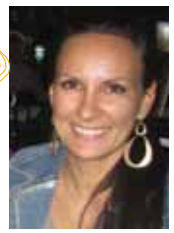


A couple of times a year, pull the appliance away from the wall and vacuum the cooling elements at the back – this makes the fridge more efficient.

4 Don't feel the burn
There's nothing worse than cleaning burnt pans. To take the hassle out of it, try this trick: Boil water inside the pan with some stalks of rhubarb. After two or three minutes, remove the pot from the heat and let it cool – the stains will be gone!

5 Make your own cleaning mix
Mix together 2tbsp of lemon juice or vinegar and 2 cups of water to have your own DIY cleaning solution that you can use as an eco-friendly alternative to chemical cleaning agents. To clean your microwave oven, microwave this solution in a glass bowl for try this for 2-3 minutes (on high), then carefully remove the bowl and wipe the microwave with paper towels – you will have a sparkling clean micro in no time.

PARTY TIPS



Party expert Elsa Roodt from Dubai Party Queen event and party organisers give us their insider tips on how to throw the bash of the year:

1 Make a good first impression
Invites create the first impression of your party so make sure you spend a bit of time and effort on the invitation to guarantee a stampede of RSVPs. Use your creativity and you can make cool and quirky invites with items you can find around the house. For example, a message in a bottle is perfect for a Hawaiian themed party; or for a ghostly gathering during Halloween, you can visit an old bookstore and buy all the horror novels you can find, place red-stained notes with the invite inside, and wrap it up.

2 Create a theme
This helps pull the party together, but be careful not to go over the top. Choose themes that guests can get involved with, with planning costumes or bringing something to the party.

3 Play games
To ensure you don't host a party where nothing seems to be happening, plan some themed ice-breaker games to get people laughing and mingling.

4 Relax
The more fun you have, the more your guests will enjoy. Plan your party ahead of time, to enjoy yourself on that night. If everything does not go according to plan, who cares? You will probably be the only one that notices!

5 Plan the aftermath
In all the planning for the party, don't forget to the morning after! Book a cleaner beforehand, to come in the next morning, or simply have the party at a rented venue where you know the next day's clean-up is not going to be your problem. GF



Dive into the daily catch and quenching cocktails whilst waves lap the shore just a few feet away. Seafood lovers need to look no further than Kempinski Hotel Ajman's Zanzi *Bar*.

Zanzi Bar

www.kempinski.com/ajman

Kempinski Hotel Ajman

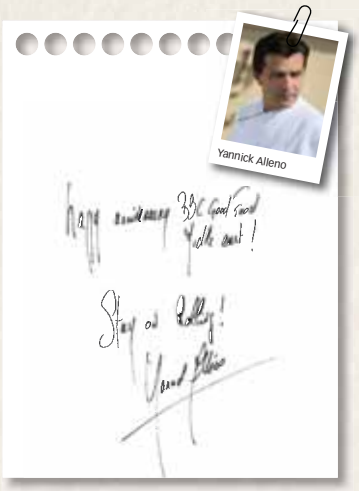
UNITED ARAB EMIRATES

For reservations please call +971 6 714 5555

We wish you a happy birthday!

Five of our favourite celebrity chefs who've worked with the magazine over the last five years, share their birthday wishes with us.

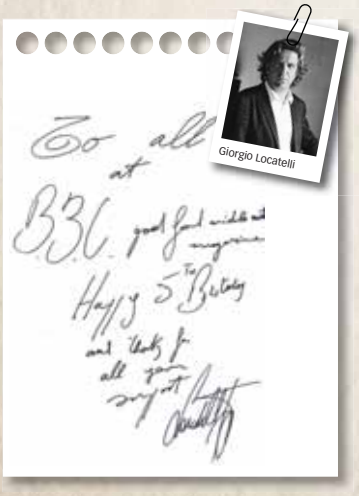


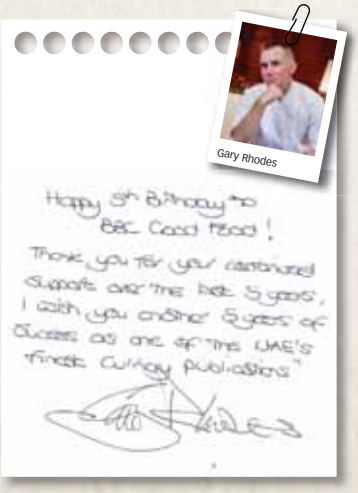




"Feliz Cumpleaños BBC Good Food Middle East! I wish you the very best as you celebrate your 5th birthday and look forward to working with you for many more to come."

- Chef Richard Sandoval





FREE!

A birthday gift for YOU!

It's our birthday, but we'd like you to get a gift, so we are giving away a goodie bag of sweet treats, including a very special *BBC Good Food Middle East* 5th anniversary cookie, from Kitsch cupcakes, to EVERY SINGLE READER.



BBC Good Food ME 5th anniversary passionfruit cookie

MAKES 15

180g unsalted butter
100g icing sugar
100g custard powder
50g corn flour
180g All purpose flour
2 tsp baking powder
70g fresh passionfruit pulp
100g fondant icing
Pink food colouring

1 Mix butter and icing sugar till light and creamy
2 Sift together custard powder, cornflour, all-purpose flour and baking powder. Combine the passionfruit pulp and sifted dry ingredients (do not over-mix, around 20 seconds is enough).
3 Roll out the dough, and make approx 40g or 2 tbsp size balls, press down with a flour dusted fork to make slightly level
4 Slice and bake at180Cc for 8-10 mins until slightly coloured around the edges.
5 Remove from oven, rest for 2 mins then gently remove from the tray to cool.
6 Mix the fondant icing with the pink food colouring, then cut out a desired shape (we recommend the number 5!). Place fondant decoration on top of cookie and gently press down to secure it to the cookie.
Store in airtight container, it should last 3-4 days.

Post a photo of yourself with your goodie bag – or when you bake your own version – on our facebook page, or email us on feedback@bbcgoodfoodme.com

Simply cut out this coupon and take it to your nearest Kitsch cupcakes outlet to claim your *BBC Good Food ME* birthday goody bag. Each goody bag contains one mini-brownie, one mini white chocolate blondie, and the *BBC Good Food ME* anniversary cookie (passionfruit flavour).

Kitsch cupcakes have outlets in Dubai and Abu Dhabi, visit www.kitschconcept.com or call 800CUPCAKE.



*Terms & conditions apply. Only one goodie bag per voucher, only original vouchers will be accepted. Employees of CPI Publishing aren't entitled to the giveaway. Offer valid until October 31, 2012.



Themed Nights

The Californian and Pax restaurants on the 24th at Dusit Thani Dubai is bringing back your favorite theme nights and adding more rhythm to it. Feel the groove on the 24th as we introduce Latino night every Wednesday. Be captivated with the breathtaking views of Burj Khalifa and Sheikh Zayed road and embrace the Latino vibes at the Pax with a delectable and exciting food including a variety of tortillas, ceviche, burritos, salsas and others. Following the dinner, guests can just dance their way to the Pax lounge and get the latest dance steps from our resident dance group, the Columbian trio who will captivate you with dances from different genres such as salsa, meringue, samba and more!

New offerings on Sundays with our Mediterranean night, South East Asian on Mondays, New Orleans BBQ on Tuesdays and everybody's favorites, the Deep Blue on Thursdays and Around the World on Fridays.

Prices for the theme nights except Wednesdays and Thursdays:
130 AED per person for food only
150 AED per person with soft drinks and chilled juices
185 AED per person with house wine and house beer

Wednesdays and Thursdays theme nights prices:
150 AED per person for food only
185 AED per person with soft drinks and chilled juices
225 AED per person with house wine and house beer

For enquiries and reservations:
Tel: +971 4 317 4515
Email: dine.dtdu@dusit.com

www.Dusit.com

Dusit Thani
DUBAI





WIN!

a 3-night gourmet getaway **in Vienna**, worth over Dhs**10,000**

Birthday giveaways

One lucky winner will get a 3-night trip for two in Vienna, staying in luxury at the renowned Sacher Hotel.

Enjoy the culinary offerings of this vibrant European capital with a 3-night stay at the historic Hotel Sacher, located in the heart of the city, plus a four-course candlelit dinner at the luxurious Sacher Rote restaurant. That's not all, you get another gourmet dinner for two in one of Vienna's top restaurants, a guided half-day city tour, and 2 Vienna Cards (which offer 72 hours of free public transport, and over 210 discounts and special concessions at various attractions around town).

Scan this QR code to go straight to our website.

Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

What is the most traditional dish from Vienna?

*Terms & conditions apply. Employees of Corporate Publishing International are not eligible to enter. Winners will be selected on random basis from correct entries. Flights are not included in this prize.

WIN!

weekend getaway packages from **Hilton Ras Al Khaimah Resort & Spa**, worth over **Dhs10,000**





Birthday giveaways

2 lucky winners can get a 2-night stay for two, inclusive of breakfast and lunch or dinner, plus a 60-minute signature couples spa treatment.

Hilton Ras Al Khaimah Resort & Spa is nestled in a spectacular private beach overlooking the shimmering waters of the Arabian sea. The resort consists of both chalet-style accommodation and hotel rooms, each with full and unobstructed access to the beautiful 1.5 kilometers of soft white sandy beach. There's also six outdoor pools, a water-sports centre, and 13 restaurants and bars offering Arabian specialties and international cuisines.
The winners will get a two-night stay for two, with breakfast and lunch or dinner at Maarid restaurant, as well as a rejuvenating treatment for two at The Spa.

Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

How many restaurant outlets does the resort have?

Scan this QR code to go straight to our website.

*Terms & conditions apply. Employees of Corporate Publishing International are not eligible to enter. Winners will be selected on random basis from correct entries. Flights are not included in this prize.

WIN!

Dhs10,000 worth of culinary goodies from **Tavola**



Birthday giveaways

4 lucky winners will get a fabulous prize worth Dhs2,500 each. The prizes are:

- **30-piece WMF Taika Cutlery set**
- **Zwilling J.A. Henckels 8-piece knife set and sharpener**
- **Staub Cherry Red Oval Cocottes set**
- **Silit 4-piece cookware set**

Tavola is the first and foremost fine kitchen and table company in the Middle East, and is celebrating their 10th anniversary this year. Tavola offers the highest quality kitchenware which includes leading international brands such as – WMF and Alessi kitchen and table accessories; Zwilling Henckels and Global knives; Mauviel copperware; Le Crueset and Staub cast iron ware; Silit Silargan cookware; Cuisipro and Zyliss gadgets; Pillivuyt and Emile Henry oven-to-table ware; and Kaiser and Wilton baking ware.

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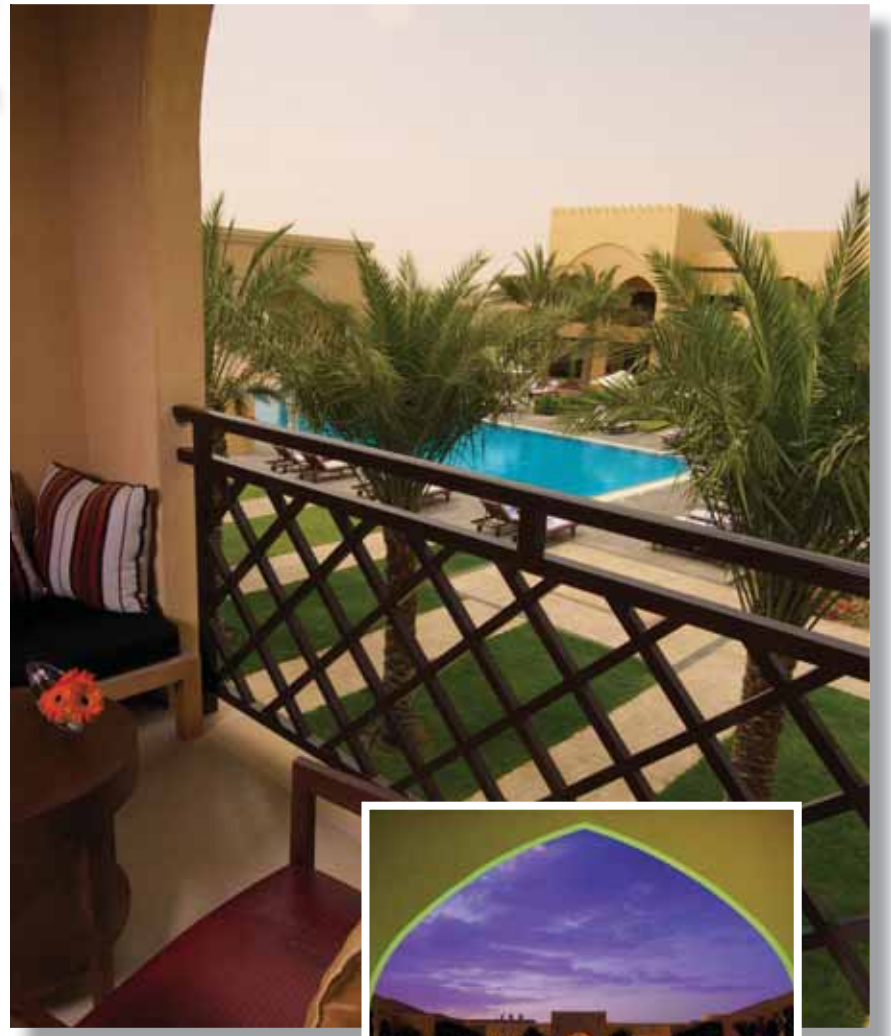
Log on bbcgoodfoodme.com to enter this competition and simply answer this question:

Name three of the many top quality brands Tavola stocks.

*Terms & conditions apply. Employees of Corporate Publishing International are not eligible to enter. Winners will be selected on random basis from correct entries. Flights are not included in this prize.

WIN!

weekend breaks at **Tilal Liwa Hotel**, worth Dhs**10,000**





Birthday giveaways

4 winners will get a two-night stay for two each, including breakfast and dinner, and exciting desert activities.

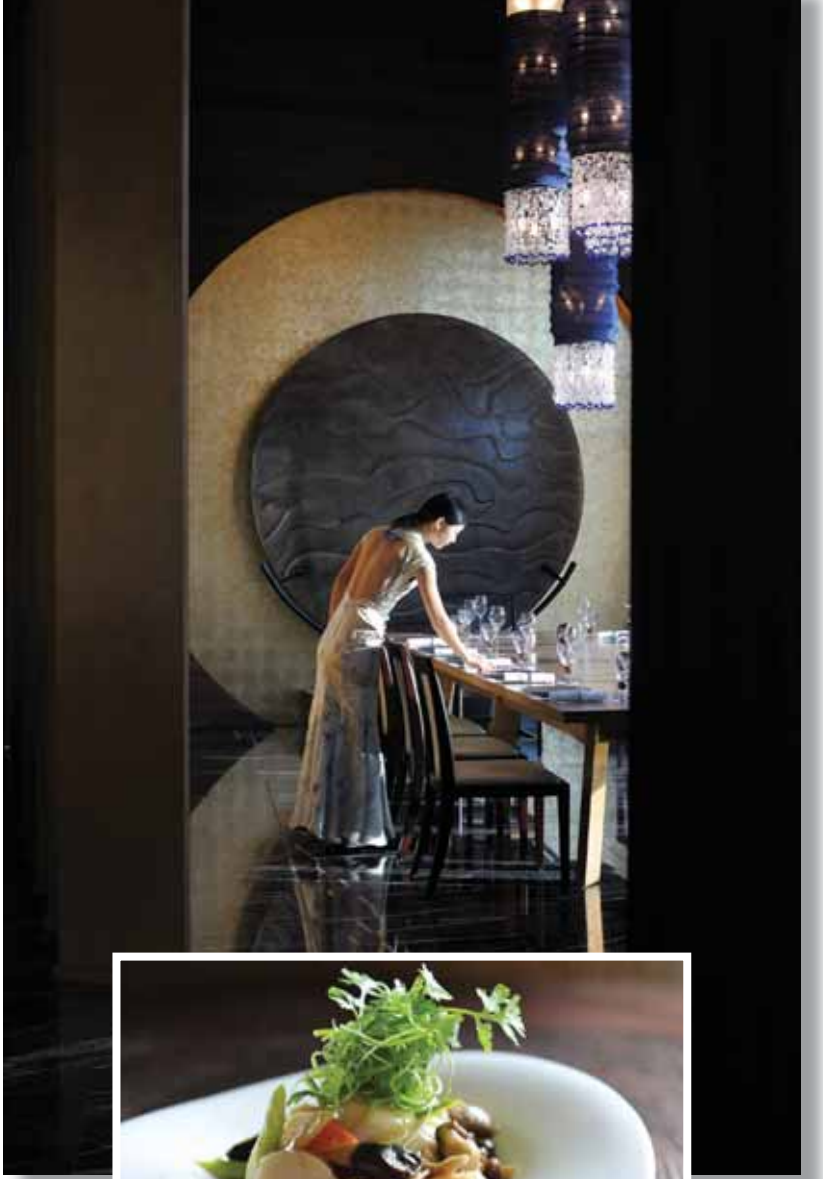
Wake up to complete calm and serenity at Tilal Liwa Hotel, an elegant retreat for those seeking a unique desert experience. Surrounded by rolling sand dunes and unspoilt desert landscapes, the resort is a perfect place for that much needed break. Leave civilization behind and discover the true essence of Arabia with a two-night stay for two, with complimentary breakfast and dinner. Plus, enjoy several adventure activities like sandboarding, bicycling and visits to a camel farm and camel race arena. At Tilal Liwa Hotel, a truly amazing and unforgettable experience awaits you!

To enter, log on bbcgoodfoodme.com and simply answer this question:

Name two desert activities a guest can enjoy at Tilal Liwa Hotel?

Scan this QR code to go straight to our website.

*Terms & conditions apply. Employees of Corporate Publishing International are not eligible to enter. Winners will be selected on random basis from correct entries. Flights are not included in this prize.





WIN! Dhs10,000 worth of restaurant vouchers from **Hukama**

Birthday giveaways

10 lucky readers will win a dining voucher worth Dhs1,000 each, from Hukama restaurant at The Address Downtown Dubai.

Award-winning restaurant Hukama is where authentic Chinese culture meets fashionable urban sophistication. Enjoy pre-dinner tea-based cocktails at the Asian lounge bar, and then go on a culinary adventure in which the chefs delicately blend contemporary cooking trends with the preparation styles of provincial China – offering a menu that is deliciously unique – while enjoying astounding views of the Burj Khalifa.

Scan this QR code to go straight to our website.

To enter, log on bbcgoodfoodme.com and simply answer this question:

What sort of cuisine does Hukama offer?

*Terms & conditions apply. Employees of Corporate Publishing International are not eligible to enter. Winners will be selected on random basis from correct entries. Flights are not included in this prize.



DUBAI Ibn Battuta Mall, India Court Tel 04 4469820, Arabian Center, Mirdif Tel 04 2845736, Mazaya Centre Tel 04 3213444 & Union Coop-Hamriya Shopping Centre, Abu Hail Road Tel 04 2698030 **ABU DHABI** Madinat Zayed Gold Centre Tel 02 6312020 **SHARJAH** Al Qasimia St. Tel 06 5671678 **AL AIN** Near Jebel R/A, Abu Dhabi-Al Ain Road Tel 03 7559770 & Bawadi Mall Tel 03 7840494 **FUJAIRAH** Mohammad Bin Mattar Road, Near K M Trdg. Tel 09 2242893 **RAS AL KHAIMAH** RAK Mall Tel 07 2339695 **www.homesrus.ae** | **facebook.com/homesrusgroup**

Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining



Chicken liver, hazelnut, pancetta and apple salad, recipe p44

IN THIS SECTION

- Super simple, student-friendly recipes, **P46**

- Tasty, yet low-fat suppers, **P52**

- Dish up some yum Halloween treats, **P62**

Ready in 30

Fast and fabulous after-work suppers.

Recipes JANE HORNBY Photographs MAJA SMEND

Lamb chops with leek mash and mustard sauce

SERVES 2 ● 30 MINUTES ● Easy

500g floury potatoes, peeled and cut into large chunks
1 leek, halved, rinsed and finely sliced
Whole milk, as needed
Butter, as needed
4 lamb cutlets
150ml lamb or beef stock
½ tbsp redcurrant jelly
½ tbsp wholegrain mustard

1 Boil the potatoes in salted water until tender. Add the leeks to the pan for the last 5 minutes cooking. Drain and return to the pan with a splash of milk and a knob of butter, then mash. Season and keep warm.

2 Season the cutlets. Heat a non-stick frying pan, then add another knob of butter and let it foam. Fry the lamb for about 3 minutes on each side or until golden and still pink in the middle. Take from the pan, leave to rest on a plate, then add the stock and jelly and simmer for 5 minutes until syrupy. Add the mustard, simmer for a few seconds more, then season to taste.

3 Add any resting juices to the sauce, then serve with the chops and mash.

PER SERVING 758 kcals, protein 31.4g, carbs 47.6g, fat 50.4g, sat fat 26g, fibre 4.8g, salt 0.98g





REALLY REALLY EASY

Smoked haddock and corn chowder

SERVES 2 ● 20 MINUTES ● Easy

Olive oil
1 onion, finely chopped
2 potatoes, peeled and cut into small cubes
1 bay leaf
2 cobs sweetcorn
500ml fish or chicken stock, hot
300g skinless smoked haddock fillet , cut into chunks
4 tbsp half-fat crème fraîche
¼ tsp nutmeg, freshly grated
2 tbsp chives, finely chopped

1 Heat 1 tbsp oil in a shallow, wide pan, add the onion, potato and bay, season, then fry for 5 minutes, stirring often. Cut the corn kernels from the cobs.

2 Add the corn and the stock to the pan and simmer for 5 minutes until the potatoes and corn are tender. Add the fish and simmer for 5 minutes or until it flakes easily.

3 Stir the crème fraîche, nutmeg and half of the chives into the chowder, then season. Ladle into bowls then scatter with the remaining chives to serve.

PER SERVING 429 kcals, protein 36.2g, carbs 41.2g, fat 14.4g, sat fat 3.8g, fibre 3.8g, salt 5.43g

Styling CYNTHIA INIONS | Food styling JANE HORNBY



Gnocchi with mushrooms, spinach and poached egg

SERVES 2 ● 20 MINUTES ● Easy

350g gnocchi
25g butter
250g mixed wild or cultivated mushrooms, torn into equal sizes if needed
1 garlic clove, crushed
100g bag of baby spinach
2 large eggs, poached to serve

1 Cook the gnocchi in boiling salted water following pack instructions then drain well.
2 Heat a frying pan and add half the butter. Tip in the mushrooms, season, then fry on a high heat for 3-4 minutes or until golden. Add the garlic, then toss for a few seconds until fragrant.
3 Add the gnocchi to the mushroom pan with the spinach and the rest of the butter. Toss together over the heat until the spinach wilts. Season. Serve topped with a poached egg.

PER SERVING 471 kcals, protein 18g, carbs 62.9g, fat 18.1g, sat fat 8.7g, fibre 4.5g, salt 2.36g



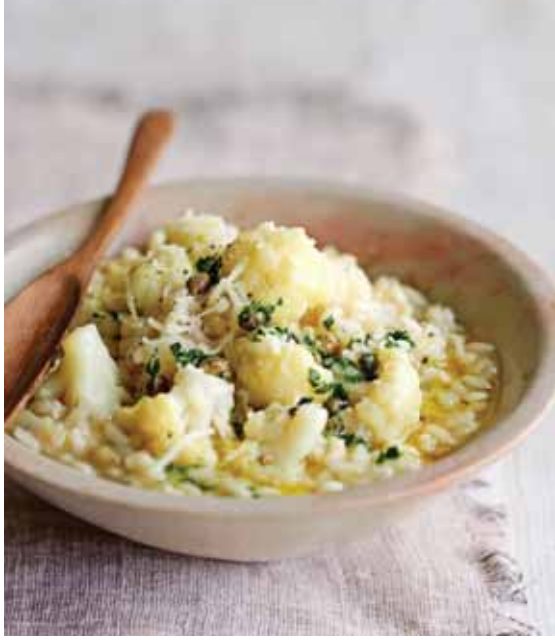
Chicken liver, hazelnut, pancetta and apple salad

SERVES 2 ● 20 MINUTES ● Easy

6 pancetta slices
250g chicken livers, trimmed and patted dry
100g salad leaves bag
1 eating apple, finely sliced
2 tbsp toasted hazelnuts, very roughly chopped
½ spring onions a bunch, thinly sliced
olive oil
2 tsp cider vinegar

1 Heat a non-stick frying pan and add the pancetta. Cook for 1-2 minutes until sizzling and crisp. Take out of the pan.
2 Season the livers, then pan-fry in the pancetta fat for 2-3 minutes over a high heat, or until well browned and just pink in the middle. Lift out of the pan and let the pan cool for a few minutes.
3 Scatter the leaves, apples, nuts and onions over two plates. Whisk 1 tbsp oil, vinegar and 1 tbsp water into the pan juices, then season. Top the salad with the livers and crisp pancetta then spoon over the dressing.

PER SERVING 343 kcals, protein 29.4g, carbs 9.5g, fat 21g, sat fat 4.2g, fibre 2.6g, salt 1.32g



Cauliflower risotto with parsley and capers

SERVES 4 ● 30 MINUTES ● Easy

25g butter
1 onion, finely chopped
2 garlic cloves, crushed
350g carnaroli or other risotto rice
100ml dry white wine
1.2 litres hot chicken stock
400g cauliflower florets, roughly chopped
100g parmesan, finely grated
20g flat-leaf parsley pack, leaves finely chopped
1 tbsp capers, drained and roughly chopped
Olive oil

1 Heat half the butter in a wide pan then soften the onion for 5 minutes. Add the garlic and rice then cook for 2 minutes more. Splash in the wine and stir until it has almost all evaporated.
2 Stir in a third of the stock. Simmer, stirring occasionally, until absorbed into the rice. Repeat twice, adding the cauliflower with the second addition of stock, cooking until the rice is creamy and cauliflower tender.
3 Stir in 75g of the cheese and the remaining butter, then cover the pan and let the risotto sit for a couple of minutes. Meanwhile, mix the parsley, capers and 4 tbsp oil with 1 tbsp water and some black pepper. Serve the risotto with more cheese, and a drizzle of the herby dressing.

PER SERVING 621 kcals, protein 20.8g, carbs 76.9g, fat 26.8g, sat fat 9.6g, fibre 4.1g, salt 3.15g GF



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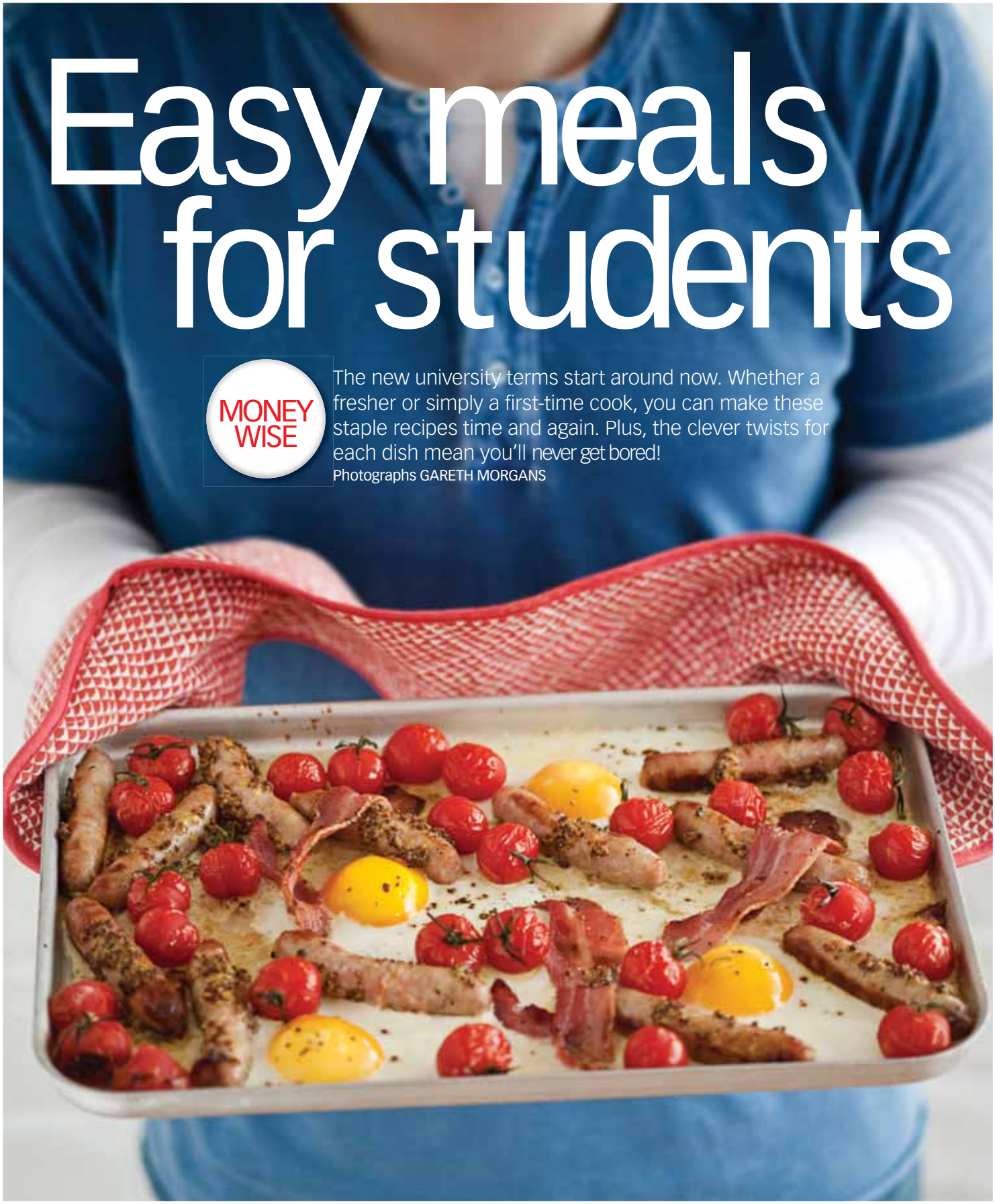
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Easy meals for students

MONEY WISE

The new university terms start around now. Whether a fresher or simply a first-time cook, you can make these staple recipes time and again. Plus, the clever twists for each dish mean you'll never get bored!

Photographs GARETH MORGANS



Food styling JENNIFER JOYCE | Styling LISA HARRISON | Health benefits KERRY TORRENS

All-day breakfast

SERVES 4 ● PREP 5 MINS ●
COOK 30 MINS Easy

1 pack chipolata sausages
1 tbsp olive oil
8 bacon rashers
Small punnet cherry tomatoes, about 250g
2 tsp wholegrain mustard
4 eggs
Toast, to serve

1 Heat oven to 220C/200C fan. Toss the sausages and oil in a shallow roasting tin, then spread out in an even layer. Drape bacon rashers over the top and roast for 15-20 mins until both are starting to brown and sizzle.
2 Move the bacon and sausages around so everything browns evenly. Scatter over the tomatoes and blob the mustard onto the sausages. Use a pair of tongs or a spoon to create 4 gaps for the eggs, then crack an egg into each gap. Put the tin back in the oven for 5-8 mins or until the egg whites are set and tomatoes softening.

PER SERVING 587 kcals, protein 28g, carbs 13g, fat 48g, sat fat 15g, fibre 2g, sugar 5g, salt 3.67g

MAKE IT DIFFERENT

All-day veggie breakfast

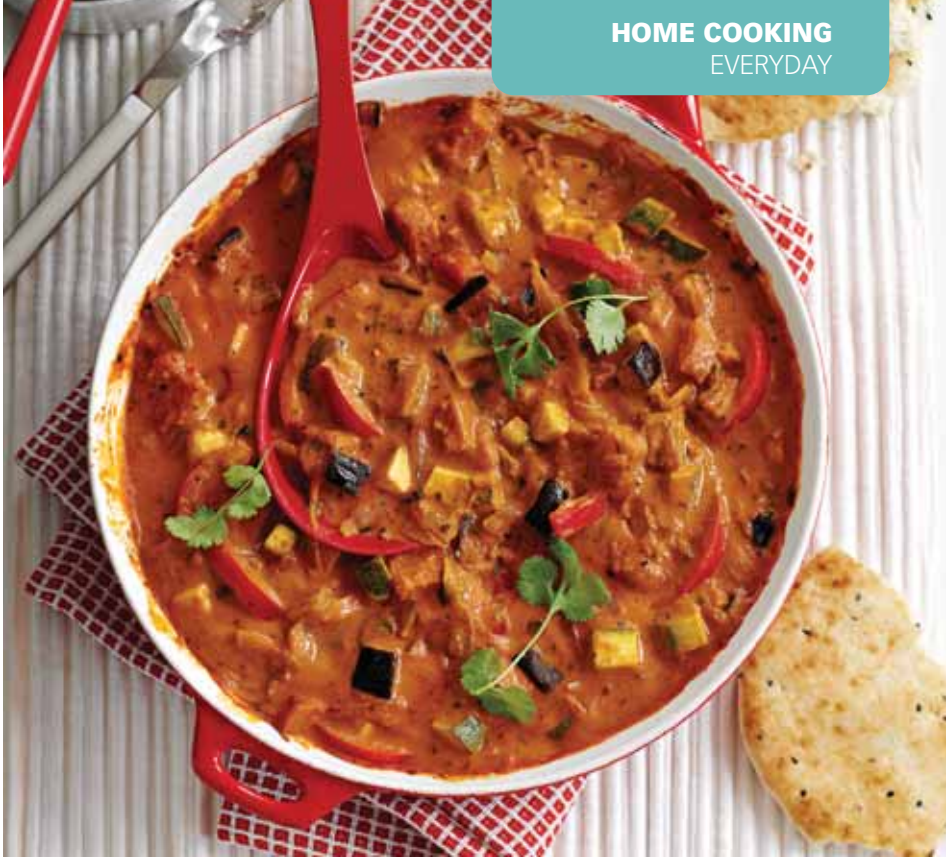
Use **8 vegetarian sausages** instead, and swap the bacon for **200g button mushrooms**.

Oven-cooked breakfast frittata

Snip the sausages and bacon into chunks before baking, then bake as before. Spoon over the mustard, add the tomatoes and cook for 5 mins more, then pour over **8 eggs** whisked with **200ml milk** and seasoning. Bake for 30-35 mins at 180C/160C fan/gas 4 until the egg is puffed up and set. Cut into squares to serve.

Spanish breakfast

Swap the sausages for **250g mini cooking chorizo sausages** and omit the mustard, then cook as before. Sprinkle with **chopped coriander** and eat with s**oft flour tortillas**.



Vegetable curry for a crowd

SERVES 8 EASILY HALVED ●
PREP 15 MINS ● COOK 45 MINS
Easy V

This curry is great for feeding a group of mates, although the recipe can easily be halved. It also keeps well in the fridge for a few days or can be frozen. Change the veg depending on what you fancy or what's on offer.

1 large potato, diced
1 small butternut squash, peeled, deseeded and diced
1 aubergine, diced
6 tbsp tikka masala curry paste
3 tbsp vegetable oil
2 onions, sliced
680g-700g jar tomato passata
400g can coconut milk
2 red peppers, sliced
2 courgettes, diced
Few coriander sprigs, to serve
Rice or naan bread, to serve

1 Heat oven to 200C/180C fan. Toss the potato, squash and aubergine with 2 tbsp curry paste and 2 tbsp oil in a large roasting tin. Season, then roast for 30 mins.
2 Meanwhile, make the sauce. Fry the onions in the remaining oil in a large pan until softened and golden – add a splash of water if they start to dry out. Stir in the remaining curry paste, cook for 3 mins, then add the passata, coconut milk and 100ml water. Simmer for a few mins.
3 When the vegetables are roasted, tip them into the sauce with the peppers and courgettes. Simmer for 10-15 mins until tender. Scatter with coriander and serve.

PER SERVING 263 kcals, protein 5g, carbs 25g, fat 17g, sat fat 8g, fibre 4g, sugar 14g, salt 1.28g

MAKE IT DIFFERENT

Thai green veggie curry

Use **Thai green curry paste** and swap the passata for an **extra can coconut milk**. Stir in the juice of a few **limes** before serving.

Hot veggie curry

Spice it up by adding **2 chopped red chillies** to the onions and use a **Madras or vindaloo curry paste**.

Chicken curry

Use **12 skinless, boneless chicken thighs** instead of the potato, squash and aubergine. Toss them in the oil and paste and roast as per the recipe, then add to the sauce with peppers and courgettes.





Big-batch Bolognese

SERVES 12 EASILY HALVED ● PREP 25 MINS ● COOK 1½ HRS Easy

P Superhealthy counts as 4 of 5-a-day, Lowfat

4 tbsp olive oil
6 smoked bacon rashers, chopped
4 onions, finely chopped
3 carrots, finely chopped
4 celery sticks, finely chopped
8 garlic cloves, crushed
2 tbsp dried mixed herbs
2 bay leaves
500g mushrooms, sliced
1.5kg lean minced beef
6x400g cans chopped tomatoes
6 tbsp tomato purée
4 tbsp red wine vinegar
1 tbsp sugar
Parmesan, to serve

1 Heat the oil in a very large saucepan. Gently cook the bacon, onions, carrots and celery for 20 mins until golden. Add the garlic, herbs, bay leaves and mushrooms, then cook for 2 mins more.
2 Heat a large frying pan until really hot. Crumble in just enough mince to cover the pan, cook until brown, then tip in with the veg. Continue to fry the mince in batches until used up. Tip the tomatoes and purée in with the mince and veg. Rinse the cans out with a little water, then add to the pan with the vinegar and sugar. Season generously and bring to a simmer. Simmer slowly for 1 hr until thick and saucy and the mince is tender. Serve with pasta and grated Parmesan.

PER SERVING 295 kcals, protein 34g, carbs 13g, fat 12g, sat fat 4g, fibre 4g, sugar 11g, salt 0.87g

MAKE IT DIFFERENT

Bolognese bake

Boil **2kg potatoes** until tender, drain, then mash with **100g butter** and **100g grated cheese**. Spoon the mince between 2 large baking dishes and top with the mash. Bake at 200C/180C fan until golden and bubbling.

Pork & beef Bolognese

Use **750g each pork** and **beef mince**.

Moroccan mince

Use **lamb mince** instead of beef, swap the mixed herbs for **2 tbsp each ground cinnamon** and **cumin**, and use **2 handfuls dried apricots** instead of mushrooms.

HEALTH BENEFITS

This roast contributes to vitamin A and C intake, which is especially important for those who eat little fresh fruit and veg. Cooking the carrots in chunks preserves an anti-cancer agent called falcarinol, while including the veg in the cooking liquor reduces the loss of valuable water-soluble nutrients.

One-pan roast dinner

SERVES 4 ● PREP 20 MINS ● COOK 1 HR 20 MINS Easy

1.5kg chicken
1 lemon, halved
50g softened butter
2 tsp dried mixed herbs
750g potatoes, chopped into roastie size
500g carrots (around 7), each chopped into 2-3 chunks
2 tbsp olive oil
100g frozen peas
300ml chicken stock
1 tsp Marmite

1 Heat oven to 220C/200C fan. Snip the string or elastic off the chicken if it's tied up, then place in a big roasting tin. Shove the lemon halves into the cavity. Rub the butter, herbs and seasoning all over the chicken. Put the potatoes and carrots around it, drizzle everything with oil, season and toss together.
2 Roast for 20 mins, then turn the oven down to 200C/180C fan and roast for 50 mins more. Stir the peas, stock and Marmite into the veg in the tin, then return to the oven for 10 mins more.

PER SERVING 845 kcals, protein 55g, carbs 45g, fat 51g, sat fat 17g, fibre 7g, sugar 11g, salt 1.1g

MAKE IT DIFFERENT

Chicken with roasted roots

Chop **1.3kg mixed peeled carrots**, **parsnips**, **potatoes**, **celeriac** and **swede** into even-size chunks, and roast alongside chicken as before. GF

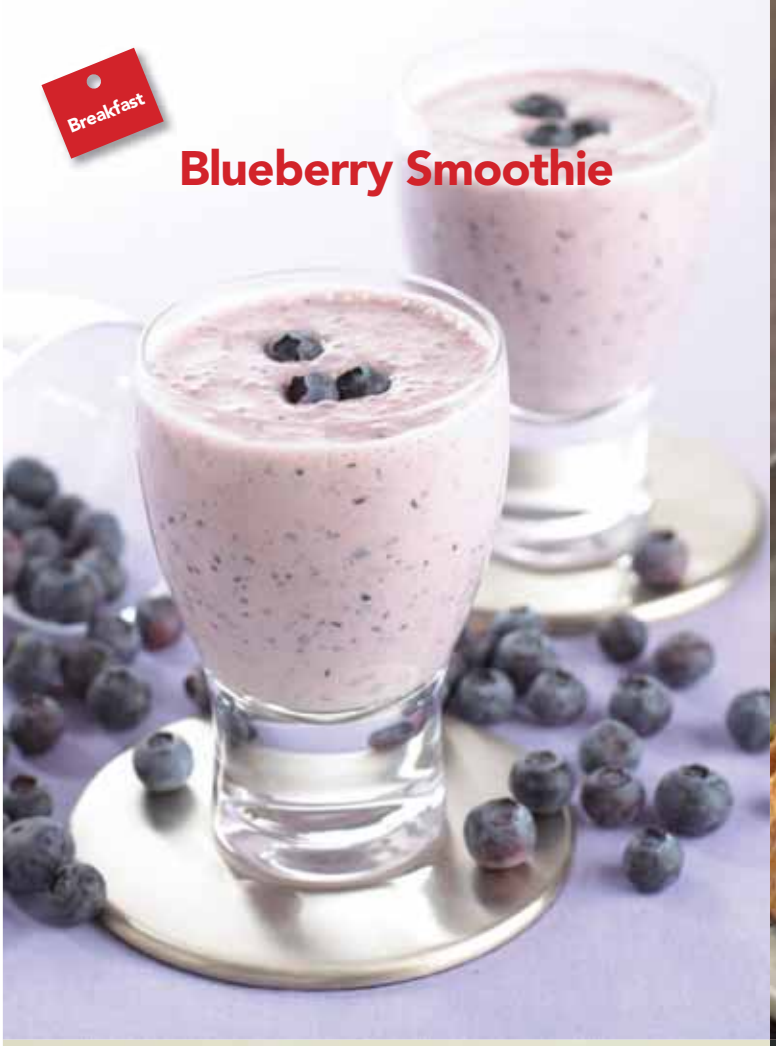
CUT OUT & KEEP RECIPES

EASY 1 DAY MEAL PLAN

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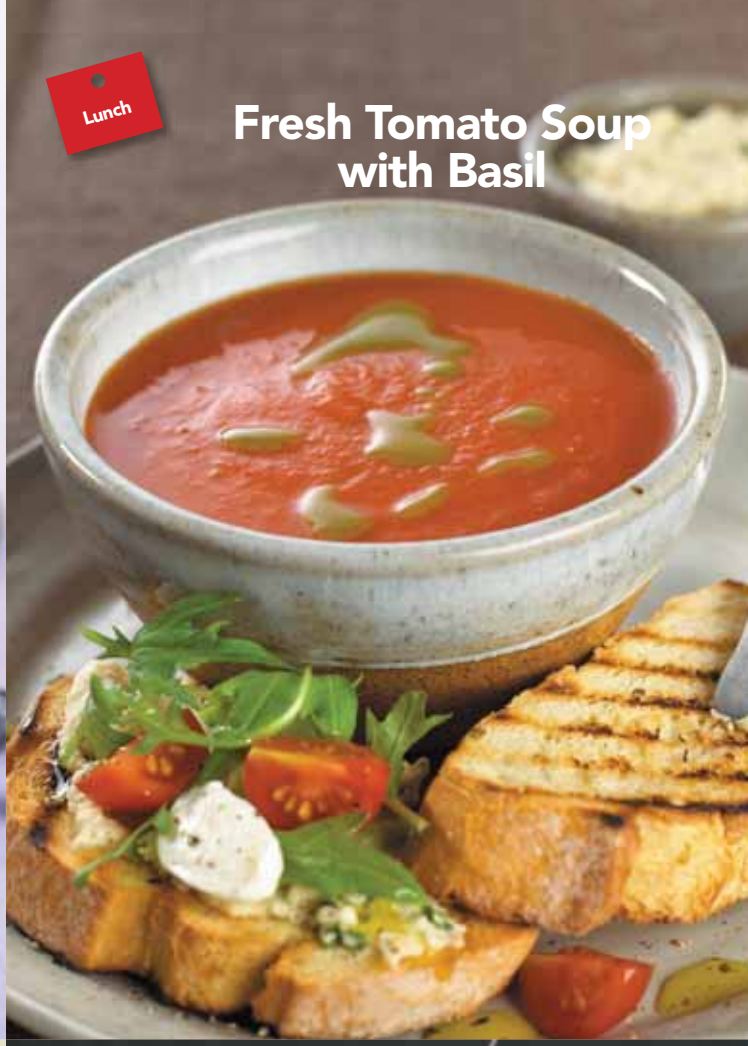
Breakfast

Blueberry Smoothie



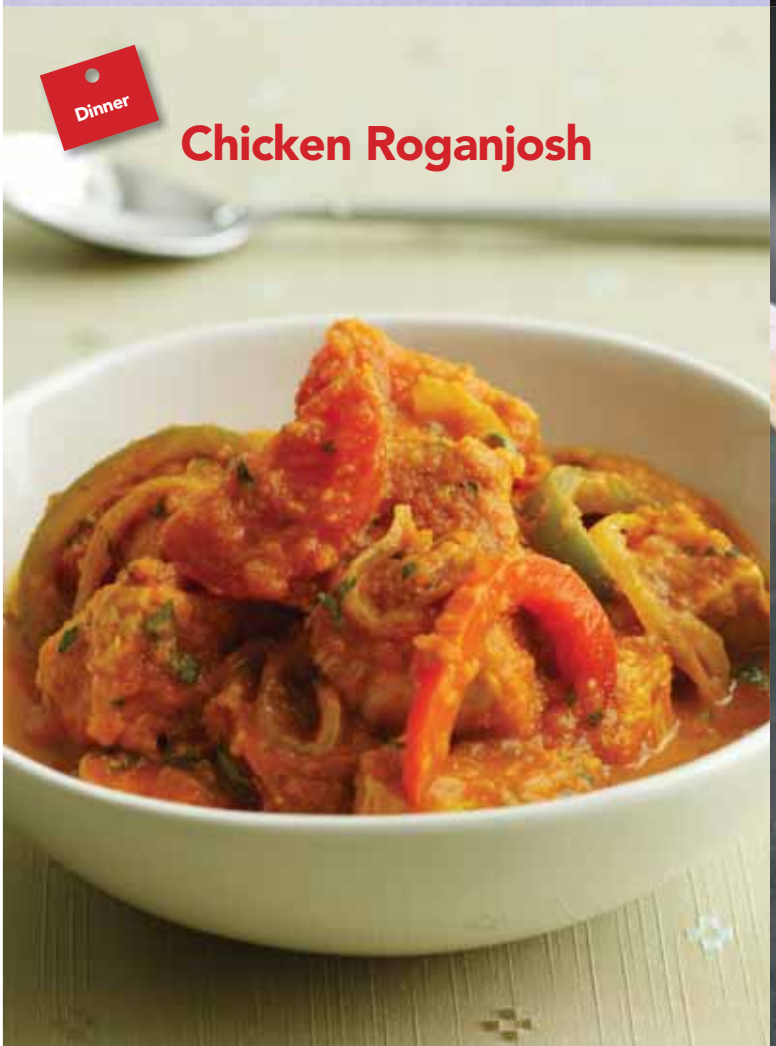
Lunch

Fresh Tomato Soup with Basil



Dinner

Chicken Roganjosh



Dessert

Tiramisu with Raspberries



KENWOOD
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Fresh Tomato Soup with Basil

Serves: 6 **Preparation time:** 15 minutes (plus 2 hours chilling)
Tools: Kenwood kMix Hand Blender with Food Processor attachment and Bigfoot blender attachment



FP950 - Food Processor

Combining functionality with the innovative kMix design, this compact food processor comes with a calibrated glass liquidiser, and a generous 3L bowl, making it the ideal partner dishes like this.

INGREDIENTS
2 onions (peeled and quartered)
1 garlic clove (peeled)
2 tbsp olive oil
25g butter
2 carrots (peeled)
900g ripe tomatoes
600ml vegetable stock
2 tbsp tomato purée
Salt and freshly ground pepper
Pecorino shavings, to garnish
FOR THE BASIL OIL
12 basil leaves
6 tbsp olive oil

METHOD

1 Using the Food Processor Attachment, fitted with the Knife Blade, roughly chop the onions and garlic. Heat the oil and butter in a saucepan, add the onions and garlic and fry gently for 10-15 minutes, or until softened.

2 Roughly chop the carrots, and then the tomatoes in the Food Processor Attachment and add to the pan with the stock and tomato purée. Bring to the boil, cover and simmer gently for 15 minutes.

3 To make the basil oil, place the basil leaves and olive oil in the Food Processor Attachment and blend until smooth. Strain through a fine sieve and set aside.

4 Using the Bigfoot Pan Blender Wand, blend the soup in the pan to a smooth consistency, season to taste and heat through. Serve in warm bowls, drizzled with basil oil and garnished with Pecorino shavings, if desired.

KENWOOD
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Blueberry Smoothie

Serves: 2 to 3



HB890 series - KMix triblade

This stylish and practical 5-in-1 hand blender adds even greater versatility with a range of useful attachments that help take the hassle out of food preparation.

INGREDIENTS
200ml fresh custard, chilled
200ml milk, chilled
250g blueberries, chilled
Extra blueberries, to decorate (optional)

METHOD

1 Place the custard, milk and blueberries in the goblet.

2 Switch the smoothie maker to mix for 10 seconds, then Smooth for 20 seconds.

3 Serve immediately, topped with a few fresh blueberries, if you like.

KENWOOD
CREATE MORE

Tiramisu with Raspberries

Serves: 4 **Preparation time:** 20 minutes plus
Tools: K Beater



KM023 - Kitchen Machine MAJOR TITANIUM

Taking the stylish looks and practicality of the Chef, the Major Titanium is the ultimate Kitchen Machine, with the added benefit of a powerful 1500W motor and a huge 6.7 litre capacity mixing bowl.

FOR THE MASCARPONE CREAM
300g mascarpone
100g sugar
2 eggs
FOR THE BISCUIT LAYERS
2 tsp instant coffee
90ml hot water
2 tbsp Marsala
12 sponge fingers
Unsweetened cocoa powder
FOR GARNISH
125g raspberries
Cocoa powder, to taste

METHOD

1 To make the mascarpone cream, fit the twin beater whisk. Place all the ingredients in the bowl. Begin by whisking slowly, gradually increase the speed until the mixture thickens (approximately 5 minutes). Refrigerate for 1 hour.
2 To make the biscuit layers, dissolve the instant coffee in the hot water, add the Marsala, and imbibe the sponge fingers.
3 Assemble successive layers of soaked sponge biscuits, mascarpone cream and cocoa powder in a stemmed glass or a small dish. Finish with a layer of cocoa powder and/or raspberries. Serve immediately.

KENWOOD
CREATE MORE

Chicken Roganjosh

Serves: 4 to 6 **Preparation time:** 10-15 minutes
Cooking time: 1 hour **Tools:** Food Processor Attachment/Flexi Beater/Stirring Tool



KM070 - COOKING CHEF

The COOKING CHEF has taken the well-known versatility of the CHEF a step further by introducing integrated Induction Cooking directly in the mixing bowl.

INGREDIENTS
80g garlic
400g onions
1 green pepper, deseeded
1 red pepper, deseeded
60ml Curry Masala
60ml ghee
450g tinned plum tomatoes
200ml water
1.5kg chicken breast, skinned and cut into bite-sized cubes
200g fresh tomatoes quartered
Salt and pepper, to taste
4 tbsp coriander, finely chopped
A sprig of fresh coriander

METHOD

1 Slice the garlic and onions in the Food Processor Attachment using the thin slicing disc. Reserve, then slice the peppers. Combine with the curry masala to make a paste.

2 Attach the Flexi Beater, set the temperature to maximum and the speed to stirring Add the ghee to the bowl, then add the garlic and ¾ of the onions, cook until softened. Add the paste and cook. Next, add the tinned tomatoes and water and cook for 5 mins.

3 Turn the temperature off, allow to cool slightly. Purée the contents of the bowl in the Food Processor Attachment using the Knife Blade attachment. Sauté the remaining onions in a pan until cooked. Attach the Stirring Tool to the machine.

4 Return the contents of the Food Processor Attachment to the bowl and add the sliced peppers and simmer until the sauce darkens (about 10 mins). Lower the temperature to 90C. Add the chicken pieces and tomato quarters and, maintaining the stirring speed, cook for another 10-15 minutes or until cooked.

5 Add the seasoning and the chopped coriander. Place in a serving dish and garnish with the sprig of fresh coriander.

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MOTION

True Steam



F1480RDS5
9kg/6kg

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- Drum Volume: 65L
- RPM: 1400
- 14 Programs
- 18 Special Options
- Standby Power Zero
- Load Detection, Embossing Drum
- Smart Diagnosis

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5 ways to fill an omelette

Just add any of these tasty fillings for a cheap, satisfying meal for one.

Recipes CASSIE BEST Photograph DAVID MUNNS

Chorizo, potato & cheese

SERVES 1 ● PREP 8 MINS ● COOK 20 MINS

Easy P Good source of calcium and folate

Cut **1 small potato** into 2cm dice and cook in boiling water for 8-10 mins or until tender. Drain and allow to steam-dry. Heat **1 tsp olive oil** in an omelette pan, add **50g chopped chorizo** and cook for 2 mins. Add the potato and cook for a further 5 mins until potato starts to crisp. Spoon pan contents out, wipe pan and cook a 2 or **3-egg omelette** in the same pan. When almost cooked, scatter with the chorizo and potato, **chopped parsley** and **25g grated cheddar**. Fold the omelette in the pan and cook for 1 min more to melt the cheese.

3-EGG OMELETTE 602 kcals, protein 36g, carbs 15g, fat 44g, sat fat 18g, fibre 1g, sugar 2g, salt 1.8g

Minted pea, broad bean & feta

SERVES 1 ● PREP 5 MINS ● COOK 8 MINS

Easy V Good source of iron, calcium and folate, 1 of 5-a-day

Place **50g frozen peas** and **50g frozen broad beans** in a small microwaveable bowl, cover with cling film and microwave on High for 3-4 mins until hot.

Meanwhile, cook a **2** or **3-egg omelette**. When the peas and beans are cooked, drain, season and add a few **chopped mint leaves**. Fill the omelette with the pea mixture, crumble over **50g feta**, then roll up and serve.

3-EGG OMELETTE 463 kcals, protein 34g, carbs 11g, fat 32g, sat fat 14g, fibre 6g, sugar 3g, salt 2.5g

Niçoise omelette

SERVES 1 ● PREP 3 MINS ● COOK 3 MINS

Easy Good source of iron

Mix **½ a drained 185g can tuna** with **4 sliced black olives**, **a small handful chopped cherry tomatoes** and a few torn **basil leaves**. Season. Cook a **2 or 3-egg omelette**, then fill with the tuna mixture.

3-EGG OMELETTE 520 kcals, protein 54g, carbs 1g, fat 33g, sat fat 9g, fibre none, sugar 1g, salt 1.8g

Pizza omelette

SERVES 1 ● PREP 3 MINS ● COOK 5 MINS

Easy P Good source of calcium and folate

Cook a **2 or 3-egg omelette**, leaving the surface a little runny. Meanwhile, heat the grill. Remove the omelette from the heat and spread over **2 tbsp tomato pizza** or **pasta sauce**. Scatter with **50g torn mozzarella** and **1 slice of torn ham**. Place under the grill for 2 mins or until the cheese has melted. Scatter with **basil leaves** to serve.

3-EGG OMELETTE 426 kcals, protein 33g, carbs 2g, fat 32g, sat fat 15g, fibre none, sugar 2g, salt 2.0g

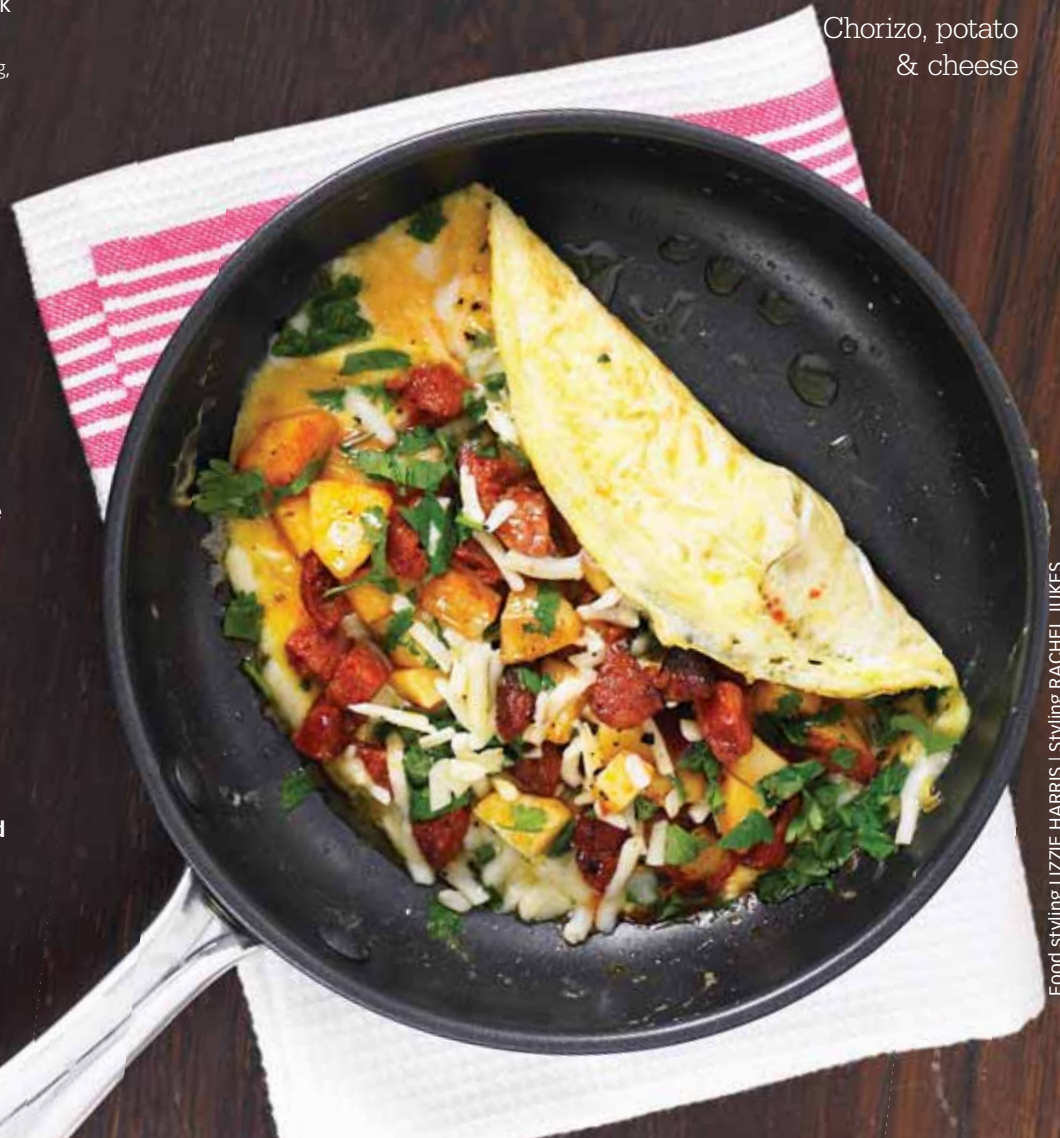
Sweet chilli veg

SERVES 1 ● PREP 2 mins ● COOK 5 mins

Easy V 2 of 5-a-day

Cook a **150g pack stir-fry vegetable** mix in a large pan or wok over a high heat for 2 mins. Add **1 tsp Chinese five-spice**, **2 tsp soy sauce** and **2 tsp sweet chilli sauce**. Meanwhile, cook a **2 or 3-egg omelette** in another pan. Tip the vegetables onto the surface of the omelette, roll up and drizzle with **extra chilli sauce** before serving.

3-EGG OMELETTE 321 kcals, protein 23g, carbs 9g, fat 22g, sat fat 8g, fibre 3g, sugar 7g, salt 3.1g GF



Chorizo, potato & cheese

Food styling LIZZIE HARRIS | Styling RACHEL JUKES

EVERYTHING KENWOOD +°COOKING



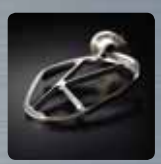
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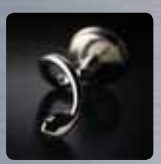
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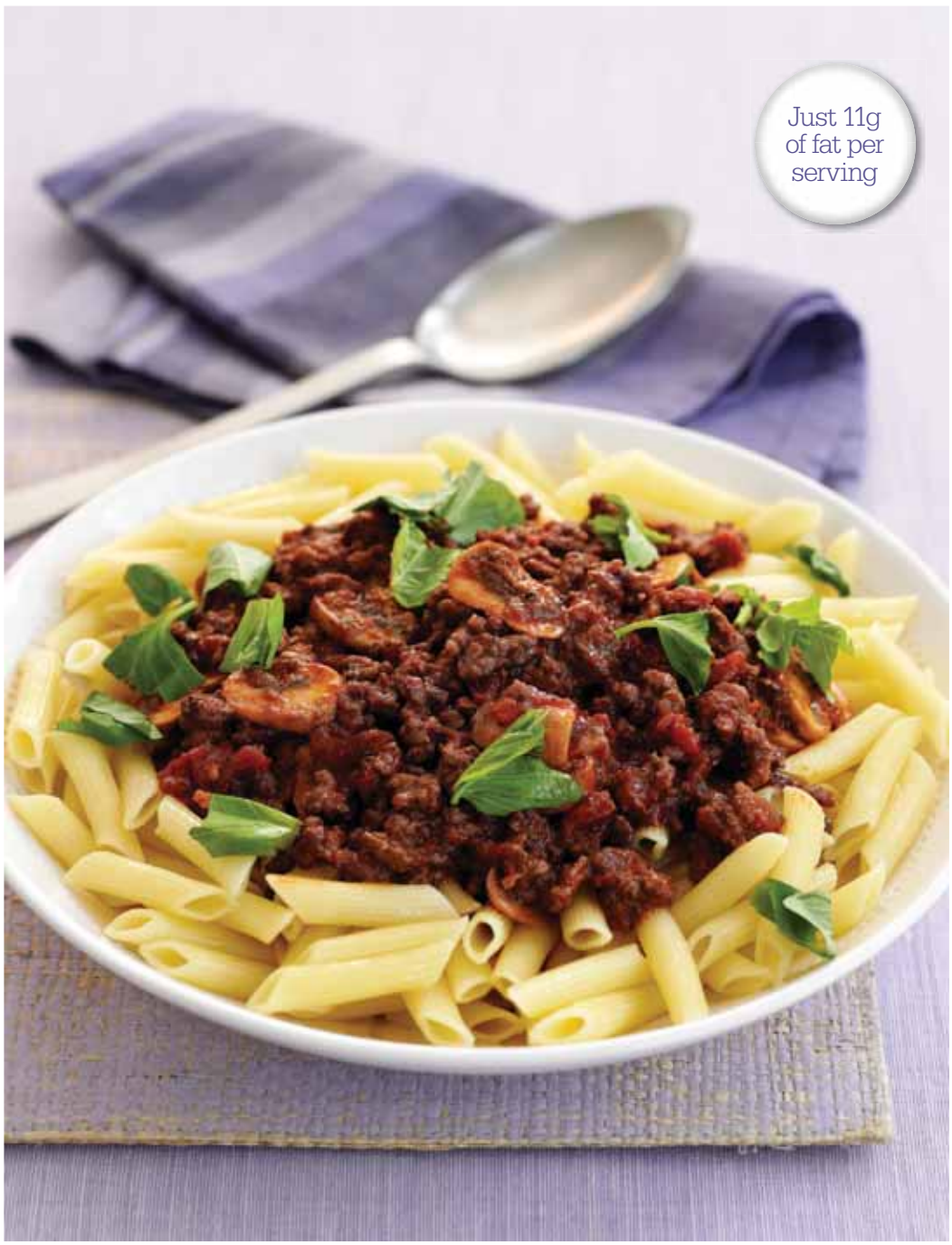
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Speedy penne Bolognese

SERVES 4 EASILY HALVED ● PREP 5 MINS ● COOK 20 MINS Easy ❄ Sauce only

Superhealthy Good source of iron and vit C, Lowfat

500g pack lean beef mince (we used 5% fat)
Handful mushrooms, sliced
2 garlic cloves, crushed
3 tbsp sundried tomato purée
400g can chopped tomatoes
150ml beef stock
1 tsp mixed dried herbs
400g penne
Handful basil leaves, torn, to serve

1 Brown the beef in a large frying pan for 5 mins, then throw in the mushrooms and soften for 3 mins. Stir in the garlic and sundried tomato purée and cook for 2 mins. Add the tomatoes, stock, dried herbs and seasoning. Bring to the boil, then simmer for 10 mins.
2 While the sauce is simmering, cook the pasta according to pack instructions. Drain, then serve with the sauce and torn basil leaves scattered on top.

PER SERVING 574 kcals, protein 41g, carbs 81g, fat 11g, sat fat 3g, fibre 4g, sugar 6g, salt 0.56g

Summer chicken

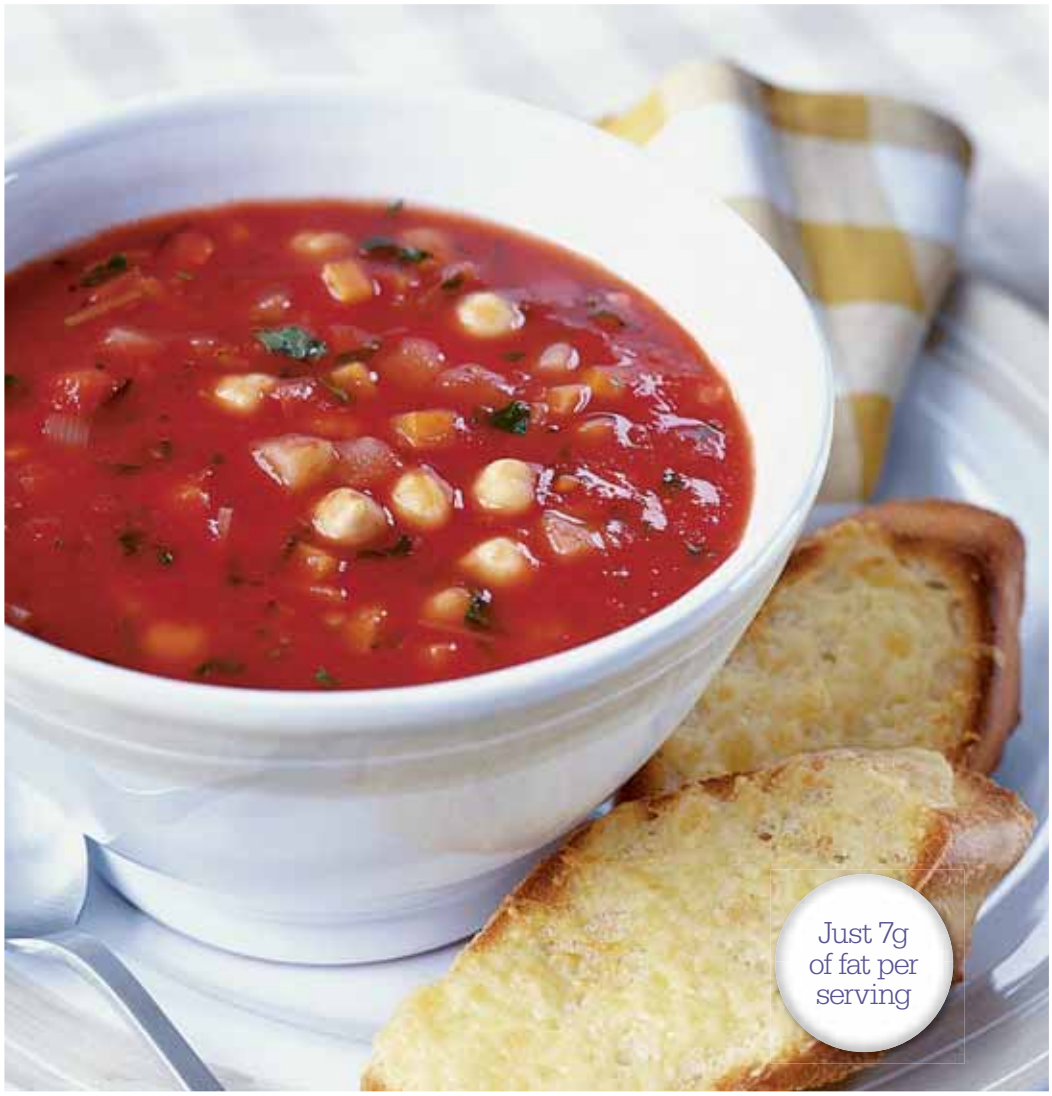
SERVES 4 ● PREP 10 mins ●
COOK 25 mins ● Easy Lowfat

1 tbsp olive oil
4 skinless chicken breasts
200g pack cherry tomatoes, halved
3 tbsp pesto
3 tbsp crème fraîche (half fat is fine)
Basil leaves (optional)

1 Heat oil in a non-stick frying pan. Add chicken and fry without moving it until it changes colour. Then turn it and cook on the other side. Continue cooking for 12-15 mins until cooked through. Season.
2 Throw the tomatoes into the pan, stirring them for a couple of mins until they start to soften. Reduce the heat and add the pesto and crème fraîche, stirring until it makes a sauce. Scatter with a few basil leaves, if using, then serve with rice and salad or mash and broccoli.

PER SERVING 262 kcals, protein 37g, carbs 2g, fat 12g, sat fat 5g, fibre 1g, sugar none, salt 0.37g





Vegetable soup with cheesy toasts

SERVES 4 ● PREP 15 MINS ● COOK 20 MINS ● Soup only Easy V Superhealthy

1 leek, chopped quite small
2 carrots, chopped quite small
1 potato, chopped quite small
1 garlic clove, finely chopped
1 tbsp rosemary, finely chopped
425ml/¾pt vegetable stock
½ tsp sugar
2x400g cans chopped Italian tomatoes
410g can chickpeas, drained and rinsed
3 tbsp parsley, chopped
FOR THE TOASTS
8 slices baguette, cut on the diagonal
1 garlic clove, cut in half
50g/2oz Edam, finely grated

1 Put the vegetables into a large saucepan with the garlic, rosemary, stock and sugar. Season well, stir, bring to a simmer and cover. Cook gently for 15 mins, or until the vegetables are just tender.
2 Heat grill to high. Whizz the tomatoes in a food processor or blender until smooth, then tip into the vegetables with the chickpeas and parsley. Gently heat through, stirring now and then.
3 For the toasts, rub both sides of the bread with the garlic. Grill on one side until golden, turn the bread over, cover with Edam and grill until it's bubbling. Serve at once with the piping hot soup.

PER SERVING 343 kcals, protein 17g, carbs 56g, fat 7g, sat fat 2g, fibre 8g, sugar 1g, salt 2.2g



Easy oven frittata

SERVES 4 ● PREP 20 MINS ● COOK 40 MINS ● Easy V Lowfat

½ tsp olive oil
85g fusilli or macaroni
1 leek or 1 bunch spring onions, chopped
85g frozen or canned sweetcorn
85g frozen peas
1 red pepper, deseeded and chopped
2 large eggs
150ml semi-skimmed milk
1 tbsp thyme leaves (lemon thyme, if you can find it)
50g extra-mature cheddar, grated
2 tbsp finely grated Parmesan
Green salad, to serve

1 Heat oven to 190C/170C fan.Grease a 1.2 litre baking dish with olive oil.
2 Cook pasta in salted boiling water in a large pan for 8 mins. Add all the veg and cook for another 2-3 mins until the pasta is tender and the vegetables slightly softened. Drain, then tip into the baking dish and stir together.
3 Beat eggs and milk together in a jug and add the thyme. Mix the two cheeses together, add most of it to the egg mixture and season. Pour into the baking dish, stir gently, then scatter the rest of the cheese on top. Bake for 35-40 mins, until set and golden. Cool for a few mins, then serve with a salad.

PER SERVING 277 kcals, protein 16g carbs 29g, fat 12g, sat fat 6g, fibre 3g, sugar 2g, salt 0.7g

Crispy fish & chips with mushy peas

SERVES 2 ● PREP 10 MINS ● COOK 40 MINS ● Easy

Superhealthy Good source of folic acid and vit C, **Lowfat**

400g baking potatoes
2 tsp olive oil
2 slices white bread
2 white fish fillets
1 tbsp plain flour, seasoned
1 egg, beaten
140g frozen peas with mint
2 tbsp half-fat crème fraîche

1 Heat oven to 200C/180C fan/gas 6. Peel and chop the potatoes into thick chips, then toss with the olive oil and some salt. Arrange on a large non-stick baking tray and roast for 20 mins, turning halfway.

2 Lightly toast the bread, then pulse briefly in a food processor to make coarse breadcrumbs. Dust the fish in flour, shaking off the excess, then dip into the egg, then breadcrumbs to coat thoroughly. Roast the fish with the chips for a further 20 mins, until both are golden.

3 Just before the fish and chips are ready, boil the peas for 3-4 mins, then drain and mash. Stir in the crème fraiche and season.

PER SERVING 484 kcals, protein 42g, carbs 58g, fat 11g, sat fat 3g, fibre 6g, sugar 4g, salt 1.09g GF

TIP Coat strips of chicken with these crispy breadcrumbs to make healthy chicken nuggets that everyone will love.



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Kitchen notes

Nutrition advice, expert cooking tips and product picks for your pantry.



Dalia's tip of the month

Chef and founder of Kitsch cupcakes, Dalia Dogmoch Soubra, shares her best cooking advice with us:

When baking, always make sure the ingredients in the recipe, such as butter, eggs, milk, melted chocolates, and cream are at room temperature, and not refrigerator-cold or piping hot – it is crucial for the bake's success!



AT HOME WITH JAMIE

Philips has announced a tie-up with Jamie Oliver to launch a range of kitchen appliances he will help design, aimed at simplifying cooking up healthy, nutritious meals at home. With Jamie's credentials as a campaigner for fresh, wholesome and homemade, we can't wait to see what the line has in store for us. "I set out to design a range that I would be genuinely happy to have and use in my own kitchen," says Jamie Oliver. The launch is scheduled for spring 2013, watch this space for more details.

Jamie's also sharing his cooking expertise in the region with his Home Cooking skills qualification now being available at at Edexcel institute in Dubai. The course offers videos, step-by-step photography, and recipes from Jamie himself. www.edexcel.com.

SMART FOOD SWAPS



Market watch

Food shopping in Dubai is getting more exciting than ever, with new gourmet stores and delis opening up faster than we can say 'Yes, please'! The newest one to hit town is Markets & Platters, an initiative of Fresh Express (you know, the guys you get your salad leaves boxes from at the supermarket). Located in Dubai Marina, the store offers a range of fresh produce – it's great for sourcing hard-to-find ingredients such as zucchini flowers , seafood, cheeses and freshly baked bread. Call 04-4504466.

Health update> October is breast cancer awareness month, so there's no better time to start eating to boost your body's cancer-fighting abilities. Certain plant foods containing essential phytonutrients which help combat carcinogens include: cabbage family (including cruciferous vegetables), particularly dark green leafy veg; carrots; onions; daikon radish; mushrooms; seaweed; soy foods; fermented foods; citrus fruits; flax seeds and essential fatty acids.

Look what we found!

3 great new products for your kitchen



Take the carb-overload guilt out of pasta nights with the new Slim Pasta, made from Konjac, an Asian root vegetable that is not only low in carbs, but is also fat-free and gluten-free, with a low GI and high fibre content. Dhs17, at Milk & Honey.



Lucuma powder, made from the ancient Peruvian fruit Lucuma, is a great way to add a health boost to dessert, smoothie or a salad, with its high vitamin, iron, fibre, and mineral content. Dhs80, from eco store The Change Initiative.

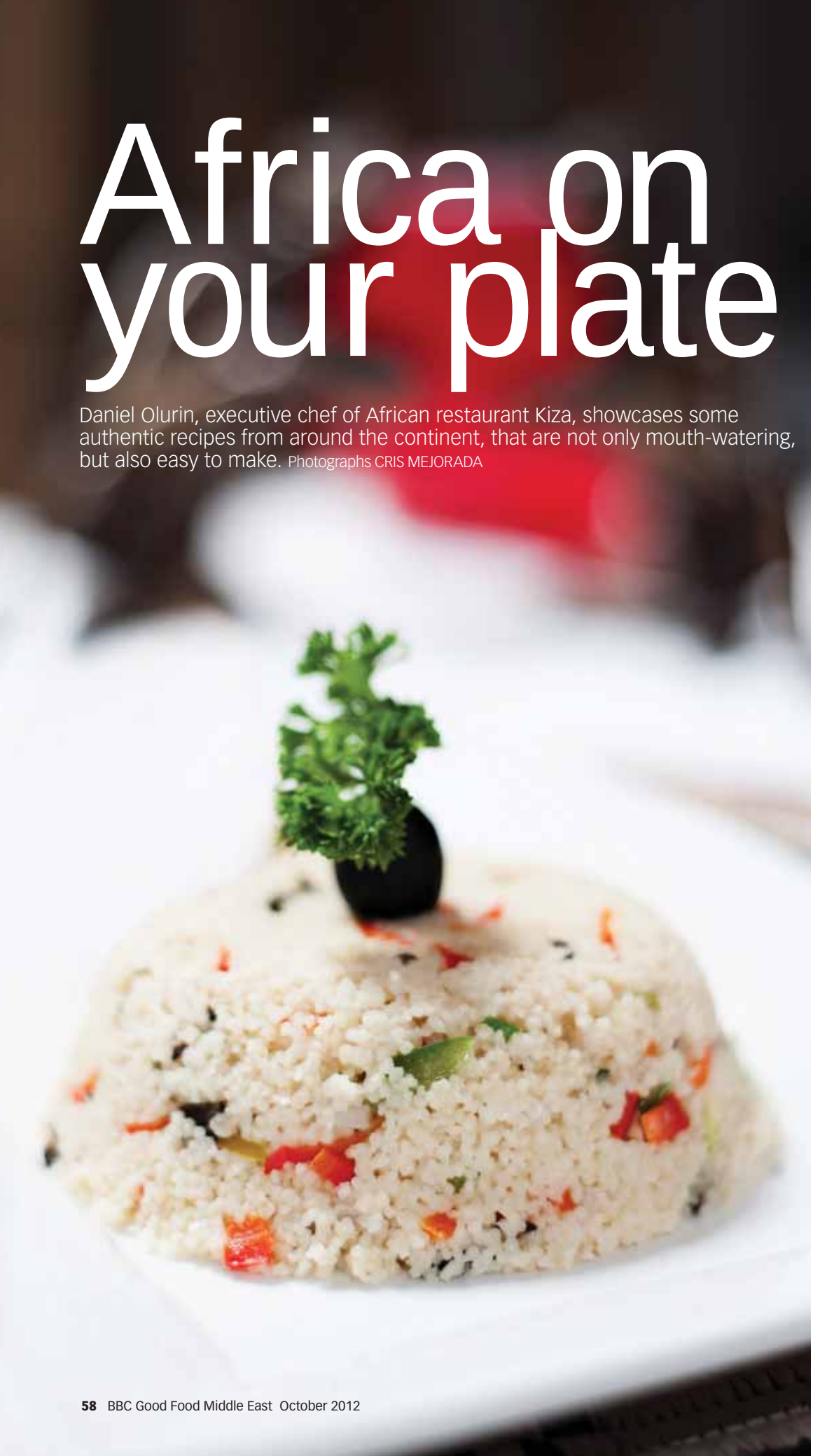


The nifty Sink Station makes cleaning up so much easier – it's flat and fits at the bottom of the sink, catching all the debris that clogs up the sink. Simply lift up and clear out when done. Dhs105, from Harvest Home.

Contacts:Milk & Honey: 04-4328686; The Change Initiative: 800-TCI; Harvest Home: 04-3440204

Africa on your plate

Daniel Olurin, executive chef of African restaurant Kiza, showcases some authentic recipes from around the continent, that are not only mouth-watering, but also easy to make. Photographs CRIS MEJORADA





Half-Brazilian and half-Nigerian, chef Daniel Olurin grew up in London and knew he wanted to be a chef since he was seven years old, as he would watch the women in his family cook delicious meals every day. Even though the kitchen was a no-entry zone at that age, it has now become a zone where Daniel enjoys creating dishes out of love. He now heads up the kitchen at Dubai's first African fine dining restaurant, Kiza – which translates to Community in Angolan – serving authentic dishes from different parts of Africa.

Royal couscous salad

(from North Africa)

SERVES 4

200g couscous
250ml hot water
30g green pepper
30g red pepper
15g red onion
20g black olives, finely chopped
2 fresh mint leaves
5g unsalted butter
10ml olive oil

1 Pour the couscous into a pan and add boiling hot water. Cover and cook for 4 mins. Add the peppers, onion, olives and fluff with a fork. Next, add the butter, mint leaves and olive oil, and keep aside uncovered for 5 mins.
2 Mix well, making sure all ingredients are evenly spread.
3 Place in a small bowl to fill it completely and mould into a round shape. Carefully turn onto a plate so it keeps its shape, to serve.

Coconut beef stew with Jollof rice

(from East Africa)

SERVES 4

75g rump steak, cut into small chunks
1 large onion, diced
2 celery sticks, diced
1 green pepper, diced
4 tbsp coconut milk
1 tbsp plain flour
1 green chili, sliced (optional)
1 garlic clove, finely chopped
½ tsp salt
1 tbsp vegetable oil
500ml beef or veg stock

FOR THE JOLLOF RICE
3 cups basmati rice
¼ cup vegetable oil
2 tsp mixed herbs (parsley, thyme, oregano and bay leaves)
1l chicken stock
2 onions, finely chopped
½ red chili, finely chopped
4 medium tomatoes, finely chopped
1 red pepper, finely chopped
¼ cup tomato paste or puree

1 Season beef with salt, a little vegetable oil and plain flour, then sear with vegetable oil, on medium heat, for 4mins. Add the onions and cook for 2-3 mins, then add the celery, green chilli and garlic. Stirring continuously, add the green pepper. Then pour in the vegetable or beef stock.
2 Add the coconut milk and bring to a slow boil. Add salt to taste and simmer for 20 mins, or until the beef becomes tender.
3 To make the rice, heat the oil over medium heat in a large pot, add the onions and stir continuously until golden brown, then add the chopped tomato, red pepper and fresh chilli.
4 Wash the rice until the water is clear and has no excess starch. Stir the rice into the onion and pepper mix. Add the tomato paste.
5 Pour in the chicken stock and bring to a boil. Add the mixed herbs and salt to taste, and reduce heat to simmer for 20 mins, covered tightly using aluminum foil.
6 Remove from heat, and keep aside for 5 mins. Serve warm with the stew.



Puff-Puff with caramel ice cream *(from East Africa)*

SERVES 4

250g plain flour
2 tsp of yeast
xxg sugar
¼ tsp salt
85ml lukewarm water
Vegetable oil, for frying
30g icing sugar
1 scoop caramel ice cream

1 Put the flour in a bowl, and add yeast, sugar and salt. Mix together.
2 Add water in small quantities and mix everything by hand till you have a good blend of all the ingredients. Keep mixing till the batter is smooth but not too thin to run off a spoon.
3 Cover the bowl with cling film and ensure it is airtight. Set aside for 40 mins allowing the batter mixture to rise with air bubbles present.
4 Set deep fryer to 170C or heat oil in a wok (make sure that the oil is at least 5 inches deep; check the temperature of oil by adding a tiny amount of batter – if the oil is hot enough, the batter will come to the surface, otherwise it will sink).
5 Using a small ice cream scoop or your hands, scoop small balls of the batter into the oil in batches, without over-crowding.
6 Fry until all sides are golden brown. Place in a bowl using paper towels to absorb any excess oil. Serve hot with a dusting of icing sugar and a scoop of caramel ice cream (or any flavour of your choice). GF



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The fear factor

Scare up a delicious feast for Halloween with this creative menu from Stefan Borchardt, Executive chef of Movenpick Hotel Jumeirah Beach. Photographs CRIS MEJORADA



German chef Stefan Borchardt has been working in hotels for 20 years. He started his career with the Movenpick hotel in Braunschweig, Germany, but worked his way across different hotels around the world, from Bermuda to China, before returning to his Movenpick roots in Dubai. He gives us a sneak peek into the hotel's brand new Chinwaggery bar, where the menu is guaranteed to surprise (sushi kebabs, anyone?), with some Halloween-inspired culinary creativity.



Candied apple Jack O' Lantern

4 pcs apples at room temperature
4pcs bamboo chop sticks
500g white cooking or baking chocolate, melted
50g dark chocolate, melted
Orange food colouring
Green food colouring

1 Divide the melted white chocolate into 2 halves, and colour the first orange.
2 Stab a chopstick into the core of the apple and using it as the grip. Dip the apples into the orange chocolate and set aside onto a baking paper to set.
3 Using a pallete knife, drizzle some of the orange chocolate over the set dipped apple to create a teary or weepy effect. Keep aside to set.
4 Make a piping bag small enough to use in one hand as a pen, from wax paper. Then, melt the dark chocolate, fill the piping bag with it and draw a scary face on the apple.
5 Colour the remaining white chocolate with the green colour and spread on wax paper sheet, leave to set. Break into shards and use to decorate. Serve chilled.

CHEF'S TIP

This dish is great as a Halloween snack for kids, for trick-or-treating, as well as a dessert.

Pumpkin risotto in pumpkin shell

SERVES 4

200g whole pumpkin
15g butter unsalted
30ml olive oil
1 onion, finely chopped
½ clove garlic, crushed with salt
100g Arborio risotto rice
500ml vegetable stock
30g parmesan cheese, finely grated
Salt & white pepper powder for seasoning
5g fresh sage, finely sliced
10g pumpkin seeds, toasted
10ml pumpkin seed oil

1 Roast the pumpkin with the skin for approximately 45mins in the oven at 140C. Cut the top off carefully and remove the seeds with a spoon. Then, slowly remove the flesh and dice.
2 Heat up the butter and oil in a large pan and sauté the chopped onions and crushed garlic. Gently cook until shiny.
3 Add the risotto rice and some vegetable stock to cover the rice and let it evaporate and absorb. Repeat this until the rice is fully cooked, then keep gently simmering and stirring continuously (this will take about 20 mins). Season with salt & pepper.
4 Add the diced pumpkin, butter and parmesan cheese as well as the sage. If the consistency is too thick, add some more vegetable stock.
5 Garnish with toasted pumpkin seeds and drizzle some pumpkin seed oil on top. Serve immediately.

CHEF'S TIP

To try something different with Pumpkin seed oil, drizzle some over a scoop of vanilla ice cream.



Bloody chicken 'Mummys'

MAKES 4

200g puff pastry dough
4pcs chicken franks
8pcs cloves
1 egg yolk
FOR THE HOMEMADE KETCHUP
100g organic tomato paste
200g organic tomatoes (without seeds)
30g organic honey
A little stevia
30 ml white vinegar
30 ml drinking water
Pinch of salt
1 crushed garlic clove
60g shallots, finely chopped
5ml vegetable oil

1 To make the ketchup, heat the oil in a saucepan and sauté the garlic with the shallots. Add the chopped tomatoes and sauté until it becomes glossy. Add the tomato paste, water and vinegar.
2 Boil for 3 mins and use a hand mixer to bring it to a smooth consistency.
3 Season with salt and add the stevia and honey, to sweeten to your liking.
4 Chill in an air tight container for up to 1 week in the refrigerator.
5 To make the sausage roll 'Mummys', slice the dough in long strips and wrap it unevenly around the franks, leaving some space extended for the 'face'. Mark the eyes with 2 cloves.
6 Brush the dough with the egg yolk and place in the oven at 180C and bake till golden brown. Serve with ketchup drizzled over.



Spiced chocolate graveyard-mud pie with green worms

SERVES 4

FOR THE MUD PIE
170g cake flour
280g sugar
7g salt
5g baking powder
5g bicarbonate of soda
45g cocoa powder
5g cinnamon powder
225g milk
5pc eggs
125g butter, melted
FOR THE GRAVE STONE
Any light-coloured cookie of your choice
Brown chocolate icing, ready to be piped
1 chocolate cookie, crumbled
FOR THE WORMS
Green chocolate icing, ready to be piped

1 Preheat oven to 180C and grease baking dishes.
2 Sieve together in a mixing bowl, flour, salt, baking powder, bicarbonate of soda, cocoa powder and cinnamon powder.
3 In a separate mixing bowl, using an electric mixer, beat the eggs and sugar until light and frothy.
4 Combine the dry mixed ingredients and milk in 3 steps (i.e Half the dry ingredients first, then add milk, and lastly, add the remaining dry ingredients). Mix well at medium to high speed for 5-10 mins.
5 Slowly add in the melted butter whilst mixing and continue to mix for a further 5 mins. Leave mixture to rest in refrigerator for at least 2 hrs (or preferably, overnight).
6 Pour mixture into prepared greased baking dish only ¾ full and bake for 20-30 mins depending on size of dish.
7 To make the grave stone, pipe writing on the light cookie using chocolate icing.
8 Colour the remaining white chocolate with the green colour and spread on wax paper sheet, leave to set. Break into shards.
9 To serve, place the mud pie in a glass. Sprinkle the crumbled chocolate cookie over it as gravel. Pipe little worms on the gravel with the green chocolate icing, and decorate with the grave stone and green chocolate shards. GF



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Best of brunch

On a leisurely Friday morning, spoil friends and family with one or more of these delicious, yet super-easy dishes. Recipes JENNIFER JOYCE Photographs MYLES NEW



Stack up these American-style pancakes – scrumptious!

Food styling JENNIFER JOYCE | Styling LISA HARRISON

American-style pancakes with vanilla berry compote

SERVES 6 ● PREP 20 MINS ● COOK 30 MINS Easy

This delicious compote is made with frozen fruits, which don't cost much at all.

FOR THE COMPOTE
500g frozen mixed summer fruits
100g caster sugar
1 tsp vanilla extract
FOR THE PANCAKES
250ml full-fat milk
2 eggs
4 tbsp sunflower oil, plus extra for frying
175g plain flour
4 tsp baking powder
1 tbsp caster sugar

1 To make the compote, put all the ingredients into a medium saucepan with 1 tbsp water. Stir and simmer gently over a low heat for 15 mins until warm and syrupy.
2 Meanwhile, make the pancakes. Mix the milk, eggs and oil in a bowl. In another bowl, mix the flour, baking powder, sugar and 1 tsp salt. Stir the dry ingredients together, then slowly pour in the wet ingredients until just combined.
3 Heat a non-stick frying pan and add about 1 tsp oil. Pour in about 75ml of the pancake batter. When bubbles form on top, flip the pancake over and brown the other side. Keep the heat on medium so the middle cooks. Keep warm in a low oven while continuing to make pancakes with remaining batter.
4 Serve warm pancakes topped with warm or room temperature compote.

PER SERVING 367 kcals, protein 8g, carbs 52g, fat 16g, sat fat 3g, fibre 3g, sugar 29g, salt 1.78g

TIP

For an even easier brunch, simply use supermarket-bought American-style pancakes, warmed to serve.

Chocolate & almond croissants

SERVES 6 ● PREP 5 MINS ● COOK 5 MINS Easy

Ready-made marzipan makes a quick version of frangipane when heated. If you're not keen on marzipan, make these using just the chocolate.

6 croissants
100g marzipan, broken into small pieces
50g toasted sliced almonds
50g milk chocolate, chopped

1 Heat oven to 180C/160C fan. Slice into each croissant lengthways, but don't go all the way through – they should open like books. Sprinkle or spread the bottom half of each with marzipan, followed by 1 tsp almonds and 1 tbsp chocolate.
2 Close up the croissant, put on a baking sheet and sprinkle the remaining chocolate and almonds on top. Bake for 5 mins or until the chocolate has melted. Serve warm.

PER SERVING 384 kcals, protein 8g, carbs 43g, fat 21g, sat fat 6g, fibre 2g, sugar 20g, salt 0.67g





Honey mustard sausages with tomatoes & eggs

SERVES 6 ● PREP 10 MINS ●
COOK 20 MINS Easy P

No frying pans needed for this full English breakfast – everything gets cooked together. Thick bacon is also nice with the honey-mustard glaze if you want to use it instead of sausages.

A little butter, for the dish
18 chipolata sausages
250g large cherry tomatoes, some halved, others left whole
1 tbsp wholegrain mustard
1 tbsp honey
12 slices French bread
6 eggs
A few chives, snipped

1 Heat oven to 200C/180C fan. Butter 1 very large baking tray or 2 small ones. Put the sausages and tomatoes in the tray. Cook for 15 mins, then remove from the oven.
2 Mix the mustard and honey together and drizzle over the sausages. Add the bread slices to the tray and crack the eggs in between the other ingredients. Put back in the oven for 6 mins more or until the eggs are just set. Serve with chives sprinkled on top.

PER SERVING 454 kcals, protein 21g, carbs 33g, fat 28g, sat fat 9g, fibre 2g, sugar 7g, salt 2.35g



Quick cocktail – just two ingredients

Mimosas

SERVES 6 PREP 5 MINS NO COOK Easy

Kick off your day with this classic simple cocktail, which works with any sparkling wine, Champagne or prosecco. For a non-alcoholic version, mix orange juice with sparkling water.

1 bottle Champagne or sparkling wine, chilled
1 litre freshly squeezed orange juice, chilled

Half-fill each of 6 glasses with Champagne, then carefully pour in the orange juice until the glass is full.

PER SERVING 147 kcals, protein 1g, carbs 20g, fat none, sat fat none, fibre none, sugar 20g, salt 0.02g GF

"Brunch is a brilliant way to entertain – serve a mix of savoury and sweet dishes so that your guests can choose what they like."

- Jennifer Joyce



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Chef Paul Merrett shows how to make a flavoured pastry to add a new twist to a classic savoury tart. Photograph DAVID MUNNS



Paul Merrett is head chef and joint owner of The Victoria in Southwest London (thevictoria.net). He is the author of several books including *Using the Plot* (Collins); *The Allotment Chef* (Collins); *and Economy Gastronomy* (Michael Joseph Ltd). He is a regular guest and co-host on several of BBC's cooking shows.

Pancetta and cheddar tart with thyme and paprika pastry

SERVES 6 ● 1 1/2 HOURS + CHILLING ● Easy P

150ml full-fat milk
3 eggs
250ml double cream
200g pancetta or bacon lardons
100g button mushrooms, sliced
100g mature cheddar, grated
THYME AND PAPRIKA PASTRY
200g plain flour
½ tsp smoked paprika
¾ tsp thyme leaves
100g butter, chilled and finely diced

1 Heat the oven to 190C/170C fan. Make the pastry and line a 24cm (3-4cm deep) tart tin following the steps shown here. Bake for 20 minutes then take out the beans and paper and cook for another 5 minutes or until the base has dried out. Turn down the oven to 150C/130C fan.
2 Trim the overhanging edges of the pastry with a small serrated knife while still warm. Whisk the milk, eggs and double cream. Fry the pancetta and mushrooms in a non-stick pan until both are slightly golden. Stir them into the egg mix while still hot then mix in the cheese. Pour the mix into the baked tart case.
3 Cook for 40 minutes until just set. Cool a little in the tin and serve warm.

PER SERVING 685 kcals, protein 20.1g, carbs 28.2g, fat 55.5g, sat fat 29.9g, fibre 1.2g, salt 2.46g

Styling ARABELLA MCNIE | Food styling JENNIFER JOYCE



Sift the flour and smoked paprika with a pinch of salt. Grind the thyme in a pestle and mortar to release the flavour then stir into the flour mix.



Add the diced butter to the flour and rub together lightly with the tips of your fingers.



Keep rubbing the flour and butter until the mix resembles breadcrumbs.



Add 2-3 tbsp water gradually bringing everything together to make a dough. Form into a disc then wrap in clingfilm and rest in the fridge for 20 minutes.



Dust your work surface with flour then roll out the pastry into a rough circle, turning every now and again to keep the circular shape.



Use the tin as a guide to check you have rolled the pastry big enough. Ideally you want a little bit of overlap to prevent shrinkage.



Lift up the pastry onto your rolling pin then carefully unfold onto the tin.



Ease the pastry carefully into the tin. Use the side of your little finger to make sure the pastry is pushed into the corners and flutes of the tin.



Cut a circle of greaseproof paper big enough to line the tart case then scrunch the paper up to make it pliable. Line the tin with this then fill with ceramic baking beans or dried beans. GF

Dark & decadent

Two special chocolate recipes that are guaranteed to impress. RECIPES ANNIE RIGG Photographs PETER CASSIDY

Sunken drunken chocolate cake

SERVES 14 ● PREP 35 MINS PLUS MACERATING (SOAKING) AND COOLING ● COOK 30-35 MINS

Moderately easy

Prunes, Marsala and dark chocolate – a marriage made in heaven, though this recipe also works well with dried sour cherries. This cake may sink and crack as it cools, but this is part of its charm. Serve with crème fraîche or vanilla ice cream.

140g prunes, pitted
4 tbsp Marsala or PX Sherry
100g butter, plus extra for the tin
2 tbsp cocoa
140g dark chocolate (70%), chopped
100g caster sugar
50g light muscovado sugar
4 large eggs, 2 separated
1 tsp vanilla extract
100g ground almonds
1 tbsp plain flour

1 Heat oven to 180C/160C fan. Gently heat the prunes and Marsala over a low heat until hot. Remove from the heat and leave for about 1 hr or until the prunes have absorbed almost all of the liquid. Whizz the prunes and any remaining booze in a food processor until roughly chopped.
2 Butter and line the base of a 20cm springform tin. Dust with cocoa, tip out any excess and reserve. Melt the butter and chocolate in a heatproof bowl set over a pan of barely simmering water. Stir in the prune mix.
3 Whisk the sugars, 2 eggs and 2 egg yolks until pale, thick and doubled in volume. Fold the chocolate mixture and vanilla into the egg mixture, then sift over the ground almonds, flour and remaining cocoa. Fold until everything is combined.
4 Whisk the egg whites until stiff and gently fold into the mixture. Spoon into the prepared tin and bake for 20-25 mins or until a light crust has formed. Allow to cool in the tin – it will sink and crack as it cools. Remove from the tin and dust with cocoa before serving.

PER SERVING 245 kcals, protein 5g, carbs 22g, fat 15g, sat fat 7g, fibre 2g, sugar 21g, salt 0.2g



Gorgeously grown up

Food styling LIZZIE HARRIS | Styling VICTORIA ALLEN

Chocolate, pistachio & nougat semi-freddo

SERVES 10 ● PREP 25 MINS PLUS FREEZING ● COOK 5 MINS Easy ❄

A semi-freddo is the perfect solution for an effortless frozen, creamy dessert. For this recipe, use only hard nougat or torrone – those rubbery pink and white nougat bars won't work here!

Butter, for the tin
75g golden caster sugar
4 medium eggs
250g dark chocolate, finely chopped
450ml double cream
140g hard nougat or torrone, chopped into 0.5cm chunks
50g pistachios, roughly chopped

1 Butter and line a 900g loaf tin with cling film. Bring a pan of water to a gentle simmer. Put the sugar and eggs in a heatproof bowl, then place over the simmering water and whisk until pale, thick and doubled in volume. Remove from the heat, plunge the bottom of the bowl into cold water and continue whisking until the mixture is cool.
2 Melt the chocolate in the microwave on Low, stir, then fold into the egg mixture. Whip the cream to soft peaks and fold into the chocolate egg mixture with the nougat and pistachios.
3 Pour the mixture into the loaf tin, smooth the surface with a spoon, then cover and freeze until firm (this can be done up to 2 weeks ahead). To serve, turn out onto a serving dish, remove the cling film and leave in the fridge for 15 mins to soften slightly before slicing.

PER SERVING 490 kcals, protein 6g, carbs 34g, fat 37g, sat fat 20g, fibre 1g, sugar 34g, salt 0.1g GF



Make up to two weeks ahead

Sweet sensation

Arabic desserts are given a modern twist in these simple recipes from Gourmandise sweets.

Photographs CRIS MEJORADA





Marzipan Mamoul

MAKES 20 PIECES

FOR THE DOUGH
80g butter
7g icing sugar, plus a bit more for serving
Pinch of salt
2g yeast
1 tbsp sesame seeds
150g flour
20ml milk
FOR THE FILLING
50g Marzipan
50g mix of chopped pistachio and almonds, ground (or any other nuts of your choice)

1 Combine all the dough ingredients except flour and milk for 3 mins. Then add the flour, followed by the milk, and mix well until it reaches a smooth consistency.
2 Combine the marzipan and the nuts, then cut the mixture into small balls that are around 5g each.
3 Make small balls of the dough (around 10g each). Wrap the marzipan filling in dough. Give it a shape with a mould of your choice.
4 Arrange on a baking tray, and bake at 180C for 15-20 mins.
5 Let cool. To serve, dust over with some more icing sugar.

Rice pudding

SERVES 4

1 tbsp cooking rice
250ml milk
2 tsp cornstarch
1 tsp sugar
50g tea biscuits
50g walnuts
1 tsp cinnamon powder
1 tbsp brown sugar
4 walnuts, for garnish

1 Boil the rice in water. Once cooked, add the sugar and milk. Then, add the cornstarch. Continue cooking, stirring continuously, until it thickens (around 2-3 mins).
2 Roughly crush the biscuits along with the walnuts, cinnamon and sugar. Toast lightly for 5 mins, until it becomes a caramelised mix.
3 To serve, make a base at the bottom of a small bowl with the biscuitmix. Then spoon a layer of the rice pudding over it, and repeat the process until filled. Garnish with walnuts.

Asida in a cup

SERVES 4

250ml water
60ml date syrup
½ tbsp butter
½ tsp cardamon
1tbsp saffron
125g brown flour
½ litre whipping cream
100g mixed nuts (cashewnuts, almonds, walnuts, pistachio), chopped

1 Bring the water to the boil, then add butter, cardamom and saffron. Stir continuously, then add the flour and cook for 2-3 mins until it thickens. Take it off the heat, and keep aside to cool.
2 Whip the cream until light and fluffy.
3 To serve, layer the chopped nuts at the bottom of a small cup. Then add the asida mix, and add a layer of whipped cream. Repeat until the cup is full, and drizzle some date syrup on date to serve.





Chocolate pudding

SERVES 4

400g dark chocolate
250ml whipping cream
1 tbsp condensed milk
50g tea biscuits
½ tsp rose water
125ml milk
1 tsp saffron

1 Melt the chocolate with the cream and condensed milk in the microwave oven for 10 mins or until the chocolate melts. Mix together well, and keep aside to cool.
2 Combine the milk with rose water and saffron. Dip the biscuits into the saffron milk and roughly crush.
3 In a small cup, layer the crushed saffron-infused biscuits, and the chocolate mix, one by one. Repeat the layering process until it the cup is full. Serve chilled. GF

Gourmandise Sweets started out from Emirati owner Mona Abu Aisha and her mother, Sahar's home kitchen two years ago, but has since grown into a full-service bake shop, offering everything from celebration cakes to catering, while keeping the focus firmly on what brought them repute in the first place, Sweets in a cup (small, guilt-free versions of popular Arabic desserts). With an emphasis on fresh, high quality ingredients – everything is made from scratch in their kitchen – Gourmandise specialises in creative desserts with a difference. Call 04-3455455.

BBC GoodFood Middle East Awards 2012

You choose!

Second phase of voting opens on October 7

The BBC Good Food Middle East awards, known for celebrating the best foodie experiences and brands in the UAE, enters its third year. And YOU get to choose the winners!



Vote now

Creating new benchmarks in the industry, the BBC Good Food ME awards are now entirely vote-based! The first round of nominations have now closed, and the second phase of voting, based on which, the finalists and winners are selected, commences on October 7. It's simple – the restaurant or brand with the maximum votes, wins. Log on to **bbcgoodfoodme.com/awards/2012** to get your favourite restaurants and food brands the ultimate recognition.



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THE CATEGORIES

RESTAURANTS

Fine Dining

- Restaurant of the Year - Dubai
- Restaurant of the Year - Abu Dhabi
- Best New Restaurant - Dubai
- Best New Restaurant - Abu Dhabi
- Best European restaurant
- Best Asian restaurant
- Best Contemporary British
- Best Latin American restaurant
- Best Indian restaurant
- Best Middle Eastern restaurant
- Best Steakhouse
- Best Brunch
- Best Italian restaurant
- Chef of the year

Casual Dining

- Best European restaurant
- Best Indian restaurant
- Best Asian restaurant
- Best Middle Eastern restaurant
- Best Café



HOME COOKING

Ingredients

- Favourite Supermarket
- Favourite Speciality Food Store/Market
- Favourite brand for Store cupboard items
- Favourite Dairy brand
- Favourite Olive oil brand
- Favourite Tea brand
- Favourite Coffee brand
- Favourite Juice brand

Accessories

- Favourite Large Kitchen Appliance brand
- Favourite Small Kitchen Appliance brand
- Favourite Tableware store

HOW IT WORKS

The BBC Good Food ME Awards celebrate and recognise the top restaurants, and food-related brands and stores.
In the nomination phase, which ran from July 15-September 20, consumers nominated their favourites in each category online.
From those nominations, the top ten nominees in each category (with the highest votes) make the shortlist. This list will be up on our website, bbcgoodme.com/awards/2012, from October 7 onwards, and between that date and November 15, consumers will then get to vote again for the winner.
The finalists in each category will be announced in December, and the winners will be revealed at our gala awards event on January 30, 2013.
** Winners for Restaurant of the Year, Best New Restaurant and Chef of the Year will be selected by an independent judging panel.*

Bon Appétit experiences at Mazina

Emirates NBD's Bon Appétit club members came together for a fun-filled event for kids and parents hosted by *BBC Good Food ME* last month.

Photographs CRIS MEJORADA



With views of the gorgeous Dubai Marina and its elegant decor, it might be hard to picture the kids' entertainment element at Mazina, The Address Dubai Marina's all-day dining restaurant. But, when occassion calls for it, it turns into the ultimate kiddie haven – make your way to the left side of the restaurant to find a giant, colourful indoor bouncy castle and TV with children's movies being played to keep them entertained.

Over 50 kids attended last month's Emirates NBD Bon Appétit event with their parents and nannies at Mazina, and they were in for a treat that evening. With the fast paced lives that most people lead nowadays, it can be quite hard to spend quality time with kids, which is why the fun activities that would let parents de-stress and kids enjoy, was the perfect way to spend an afternoon together.

Upon arrival, parents were handed over a card which indicated the activity they would be doing with their kids. While parents filled out their details to get a chance to win the Kenwood Kmix hand blender, as part of the raffle draw, kids kicked off their shoes and ran straight towards the bouncy castle, to jump around, have a few giggles and make new friends. Parents then joined in by heading towards the Fishfayce photo booth, to slip on quirky props and click pictures that were handed to them on the spot – these were guaranteed to be the perfect memento of the evening. The Emirates NBD and *BBC Good Food ME* team members joined in by playing a game of tennis on the Wii!

Next, the activities such as towel making, cupcake decorating and mocktail making, commenced, once the kids and parents were all settled down and seated at the allotted areas. Cake decorating equipment was handed out, along with red velvet, chocolate and vanilla cupcakes, which were immediately spread with dollops of cream. Guests made their way to the cupcake station and filled bowls with all sorts of garnishes such as sprinkles, jelly beans, chocolate shavings and jelly candy. While children and adults decorated their cupcakes, ate a few, and saved the best to be judged for the best cupcake of the night title, others at the mocktail station were busy making delicious concoctions with syrups and juices, which they named after themselves, and kept aside to be judged for best mocktail of the night.

The towel making session was more of a hit with the adults, in which towels were twisted into beautiful animal shapes such as swans, elephants, dinosaurs and little babies – they were not only adorable to look at, but also really fun to make.

Once the activities were done, raffle winners and winners of the moctkail and cupcake categories were announced and handed over glass trophies. Finally, guests helped themselves to a buffet of delicious hot snacks such as prawn dumplings, chicken kebabs, Thai fish cakes and cold chicken, tuna and salmon sandwiches, before calling it a day.

Try one of these refreshing mocktails that the Mazina chef showcased at the event:



Mint Colada

SERVES 1

10ml pineapple juice
5ml coconut syrup
1ml lime juice
5ml lychee syrup
Sprig of mint

1 Blend all the ingredients together and finish with a sprig of mint.

Bon Appétit from Emirates NBD
















LACNOR
pineapple



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" Everything you love about Italian "

Romano's Macaroni Grill was founded by the legendary entrepreneur – Phil Romano, inspired by home cooked hosting of vibrant social gatherings in a sophisticatedly casual atmosphere driven by his passion for life. It offers the best of traditional Italian food sprinkled with fresh culinary innovations, encouraging its patrons to vent their creative expressions from a warm open kitchen paired with elegant fresh gladiolas, white table cloth topped with butcher paper and crayons and the sophistication of opera echoing against brick walls. Its timeless flavors that get better every time.

gourmet mexican food

" Gourmet Mexican Cuisine"

Cantina Laredo was inspired by the growing taste of consumers for more sophisticated flavors evoking the gourmet taste of Mexico City. Known for serving classic Mexican dishes in urban environments, Cantina Laredo has been popular for its excellent food of International Flavor and professional service that captures diversified palettes. Its position as the defining marquee of 'Contemporary' Mexican cuisine is attributed to its excellent food and service that meet market demand for high quality and world-class restaurant experience.

" Good Food for Good Health and Good Life"

With an artful selection of delicious and healthy food all colorfully depicted in its magazine menu, Black Canyon is recognized as the haven of Asian cuisine. It continues to serve something out of the ordinary by seamlessly merging Eastern flavors and advocates the benefits of coffee using 100% fresh beans and highest grade of pure Arabica coffee beans grown from the best plantations around the world and by hill tribes in northern Thailand under the Royal patronage of Majesty the King.

" The Original Mexican "

Reflecting years of evolving with changing tastes and styles, El Chico promises to offer authentic Mexican experience - from a welcoming display of preserved heritage of artifacts and artful images on walls to a rustic wooden table and chairs complemented by colorful string lights hanged in the ceiling and a brick-styled open bar serving Mexican favorite mocktails.

" Passion for Great Products"

Innovation and Tradition go hand in hand at The Pizza Company. It blends exotic flavours and unusual toppings on the good old grandma's recipe of pizza dough, giving you a Fun Pizza Experience. It is an unusual spin-off the fusion menu as diners imbibe the spirit of adventure. At the Pizza Company, connecting with families and friends over the most satisfying Pizza and Pasta in town has never been this fun!

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How Nobuyuki became NOBU

Chef Nobuyuki Matsuhisa, the man behind the iconic Nobu chain, chats to Farah Sawaf about his journey to get where he is today.



Being one of the most influential chefs in the world, with an impressive restaurant empire spread over three continents, Nobuyuki Matsuhisa is surprisingly charming and humble.

Nobu was born in Saitama, Japan, and following the loss of his father when he was just seven years old, he and his two brothers were brought up singlehandedly by their mother. His passion for cooking had surfaced at a very young age, something which only grew under the influence of his mother and grandmother during his teenage years.

At eighteen, after he had graduated from high school, Chef Nobu began an inspiring internship at Matsue Sushi in Shinjuku, Tokyo. Seven years later, with dreams of seeing the world, he was given the opportunity to open up his own sushi bar in Peru. This was a new challenge for the young Nobu, as the new culture, and regional ingredients meant that he needed to adapt his recipes and be inventive with flavours. It is during this time that Nobu believes he really discovered the full potential of his creative flair in the kitchen.

After three years in Peru, Nobu took to travelling the world further, visiting places such as Argentina and Alaska before settling in California where he opened the Matsuhisa restaurant in 1987, which turned into an overnight success. Culinary fame was soon to follow, and in 1994, Nobu had formed an unlikely partnership with Oscar-winning actor Robert De Niro, and together with the support of the Myriad Restaurant Group, they opened the critically acclaimed Nobu restaurant in New York.

Nobu expanded to become a global brand, with outposts opened in London, Milan, Tokyo, Melbourne and Dubai, to name just a few, and Chef Nobu Matsuhisa has since positioned himself as a culinary leader who likes to make the rules, rather than follow them.

Q You have such a unique style, and create food using ingredients that really push the boundaries. Would you consider yourself a risk taker in the kitchen?
A. I love to try new tastes and textures and ingredient combinations that perhaps even I can't imagine would go together! But with experience, and a trial and error process over many years, I have managed to even surprise myself with some things. I am also very blessed to be able to travel the world and meet wonderful people, it is these people that give me inspiration in my kitchen.

Q Nobu is such an international success, but what was it that inspired you to cook in the first place?
A. This question is easy for me – my mother and grandmother inspired me to cook! From a young age, I also dreamt of opening my own sushi restaurant – I just loved how beautiful sushi was, the colours, the intricate detail that goes into the preparation. It was a skill I knew I wanted to learn and perfect. I think sometimes people are born to be something, and I was born to be a chef and make people happy by creating taste fusions that they had never tried before.

Q You have had a very interesting life and moved around a lot during your career. How have your travels influenced you as a chef?
A. I have been very fortunate to have been able to do this, and it has shaped who I am as a chef today. I have taken inspiration from all the places I have lived in, and tried to incorporate different and unusual ingredients into my restaurant's dishes. My time in Peru influenced my cooking style a lot, as I realised I could not find all the ingredients that I could back home in Japan. This meant I had to be inventive with other ingredients that were available to me.

Q What is the one ingredient could you not live without?
A. My favourite ingredient is Soy sauce, this is something I would always love to have in my kitchen. But I am a great believer in working with what you have and what's available to you.

Q Describe your cooking style in three words?
A. I think soulful, unexpected and exciting… but, you tell me!

Q What do you think is the secret to your success?
A. I think the key to success is to offer something a bit different, and to continue to keep doing so. Don't follow a trend, create your own.

Q What are your thoughts on the culinary offerings here in Dubai compared to the other cities you have restaurants in?
A. Well, I do like Dubai and come here as often as I can. For a small city, it has such a diverse selection of top restaurants, which I think is very impressive. I like that there are plenty of international brands, mixed with charming small family restaurants. You will often find it is these small businesses that are the real hidden gems and I would like to have more time to be able to explore these. During my travels, I have always been attracted to the sort of places where old recipes have been passed down through the generations, and are still in use till today. I get a lot of inspiration from places like these, and there is always a secret or a new tip that I leave with.

Q What is your biggest tip for inspiring chefs in Dubai?
A. I think the most important thing is to love what you do and cook from your heart, or your Kororo, as the Japanese would say. To be a good cook is not about just following a recipe, but about the passion and love you put into your food.



SIGNATURE RECIPES

Black Cod Den Miso

SERVES 4

4 Alaskan Black Cod fillets (220grams each; you can also substitute with Stable fish)
4 bamboo leaves
1 lemon or local limes
4 hajikami ginger
FOR DEN MISO
450g grams dashi stock
650g sugar
200 grams honey
750g white miso paste

1 Make the Den miso about 2 days ahead. In a heavy-based non-reactive saucepan, bring the dashi to boil. Using a wooden spoon, stir in the sugar and the honey until it has dissolved, then slowly mix the miso paste, a little at a time. Cook over medium heat, stirring constantly so as not to let the mixture burn, for 10 minutes. Strain the mixture through a sieve to remove any lumps, allow to cool and then chill until quite cold.
2 To make the fish, place in a non-reactive container, pour a good splash of the den miso over each fillet and leave to marinate for 2 day in the refrigerator.
3 To cook the fish, preheat a hot grill or the oven to 200C. Place the fillet in the grill pan or on a non-stick baking sheet and cook under the grill, or in the preheated oven, for 10-12 mins, turning once if grilling, until it is cooked through and golden on the outside.
4 Place on a plate and dress with a bamboo leaf, lemon and hajikami, plus a little extra den miso.

Shrimp and Vegetable Tempura

SERVES 4

400g shrimps, cleaned and deveined
600g mixed vegetables of choice (such as mushrooms, asparagus, broccoli, bell peppers, sweet potato, pumpkin, carrots, zucchini)
FOR TEMPURA BATTER
6l cold water
4 eggs
3.5kg tempura flour
FOR CREAMY SPICY SAUCE
500ml Mayonnaise
50g chilli garlic paste
FOR TEMPURA SAUCE
4lt Dashi
25Cl soy sauce
25cl Mirin
FOR DASHI STOCK
1 small piece of kombu
100ml cold water
8g bonito flakes

1 Make the tempura batter in a mixing bowl mix the cold water and the egg yolk, using a pair of chopsticks. Then add the flour, a little at a time, mixing it in with the chopsticks until it is all incorporated. (Don't overwork it, or the batter will be heavy – aim for a loose batter that still has a few little lumps of unmixed flour.)
2 Mix the mayonnaise and the chili garlic paste to make the creamy spicy sauce.
3 One at a time, dip the vegetables into the cold tempura batter, then let any excess batter run off. Gently place in the hot oil and fry for 1-2 mins, until lightly coloured and crispy. Transfer with a slotted spoon to paper towels to drain.
4 To make the Dashi, heat the kombu and water slowly in a saucepan over medium heat to bring out its full flavour. Just before the water boils, take out the kombu (to prevent scum forming), add the bonito flakes and turn off the heat. After the bonito have sunk to the bottom of the pan, strain through a fine-mesh sieve lined with paper towels.
5 Mix the Dashi stock, soya sauce and mirin, and keep hot. Serve fresh tempura with tempura sauce, creamy spicy sauce and the dashi stock on the side. GF



Most Japanese ingredients available at specialty Asian stores; Photograph by Cris Mejorada

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Is the world running out of food?

With World Food Day on October 16 highlighting a looming possible global food shortage crisis, we take a long hard look at the issues surrounding it. By SUDESHNA GHOSH & NICOLA MONTEATH



This year's theme for World Food Day, as stipulated by the Food and Agriculture Organisation of the United Nations, is 'Agriculture cooperative – Key to feeding the world'. Feeding the world could well become an increasingly difficult proposition however, with soaring food prices causing worry that a global crisis similar to the one in 2007-2008 could be imminent.

The fact that food shortage could reach crisis proportions in the near future may comes as news to some, but it is becoming a growing concern. A variety of factors are responsible for this, but most recently, a drought – the worst in 50 years – in the United States, the world's biggest agricultural exporter, compounded by bad weather in Russia, an important exporter of wheat, are causing volatility in global food prices.

The effects of a food shortage can bring out the worst in people, and have already caused riots in some countries such as Jordan, Argentina and India, due to the hike in food prices. According to The Food Watch report, conducted by The World Bank, there has been a 10 per cent hike in overall food prices, due to the

With inputs from Olive Magazine; worldbank.org

poor harvests in the United States and Eastern Europe. The US Department of Agriculture forecasted the biggest corn harvest two months ago, weighing up to 376 million tons. The same corn harvest has dropped to 274 million tons, after two months, as heat and drought have hit the Midwest; prices increased from US$8 per bushel to $8.90 per bushel. High corn prices have far-reaching implications, as corn is used to feed animals and provide corn oil for processed foods – which makes up a large part of urban food consumption in the modern world. When corn prices go up, people turn to wheat as a substitute, and Russia's heat wave has meant that production has lowered there as well.

Not just limited to one key grain, maize production in the US, also the world's largest maize grower, was estimated to be 17 per cent lower than the previous month's estimate. The latest country to be hit by the shortage is Malawi, where dry weather has caused a decrease in maize production. The effects can be felt halfway around the world; for example, there was a 25 per cent increase in maize prices in South Africa, in July 2012 alone. Situations such as these have a direct effect on the poor, and can lead to famines, in the long run.

"Generally, production is at a six-year low and this impacts food prices around the world," says Abeer Etefa, Senior Regional Public Information Officer of the United Nations World Food Programme. However, the UN agency is quick to point out that the current figures don't point to a global food crisis – yet. This is because currently, global stocks are higher than times of previous crises; rice prices are relatively stable; weakened economic growth means demand isn't increasing; and more countries are better equipped to handle the situation.

HOW DID WE GET HERE?

But, this isn't just an immediate issue, but rather a situation that has been developing over a number of years, a 21st century problem if you will. With changing weather patterns around the world, crop output is regularly falling short of forecasts. Temperatures and rainfall of a country are key to a good harvest, and an increasing occurrence of extreme heat waves and dry weather naturally results in a decrease in harvests. Increases in crude oil and gas prices also contribute to the shortage, as it means that petrol and diesel becomes more expensive, which affects transport costs for food products. Oil is also used in packaging for products such as milk and various other drinks. Another important factor is soil pollution – when soils gets corrupted by harmful chemicals from factories, such as toxic compounds and pesticides, it decreases agricultural production.

Growing demand for animal-derived foods from Brazil, Russia, India and China is also contributing to depleting grain stocks, as most factory-farmed animals are grain-fed. Cereal crops that could feed people are also now being sold for bio-fuels, further intensifying the pressure on supplies.

Recent reports have suggested that a possible solution to help combat food shortage could be vegetarianism. According to a study conducted by Stockholm International Water Institute, people consume around 20 per cent of their protein from animal-based products. With the world predicted to be overpopulated by the year 2050, there will not be enough water available on croplands, if we continue eating meat and animal-based products, at the current rate. The research also stated that, 'an animal food diet is known to consist of around five to ten times more water, than a vegetarian diet', sparking debate about whether vegetarianism is the solution.

Additionally, there is growing concern that manipulation of food commodity and agricultural raw material prices by stock market speculators – traders who make their money from market fluctuations – is making matters worse. At the moment, people in developed countries are struggling financially, but in poorer nations, speculators may be driving food prices beyond the reach of hungry people. This is why France, the current holder of the presidency of the G20 group of countries, has made action to curb food speculation.

THE HARDEST HIT

All of these factors contribute to a hike in food prices, causing a shortage on shelves, and leading to food insecurity – a feeling of not having enough money to buy food, to meet basic needs. However, not all countries are affected in the same way, and low and middle-income countries with high food and fuel bills are the ones most likely to suffer. "Landlocked countries that need to pay more for transport and rely on imports are vulnerable, as are those that already have high inflation, low foreign currency reserves and depreciating currencies. Many countries in the Middle East and North Africa, East Asia and sub-Saharan Africa fall into these categories, and are at most risk of being affected by high and volatile prices," explains Abeer.

According to World Bank Group President Jim Yong Kim, "Food prices rose again sharply threatening the health and wellbeing of millions of people. Africa and the Middle East are particularly vulnerable, but so are people in other countries where the prices of grains have gone up abruptly."

Abeer explains the reasons for certain countries being affected by a rise in grain prices more than others in very simple terms saying, "A European shopper, for instance, who buys a loaf of bread for one euro in a supermarket is probably paying about 14 cents for the actual food. The rest of the cost goes to processing, packaging, transport, advertising etc,. If the price of wheat doubles, that bread will cost just 14 cents more – which is a manageable increase. In poorer countries, people mostly buy the commodity itself - they do not buy loaves of breads, for example, in a supermarket; they buy a bag of flour. If the price of maize doubles, the price they pay for that flour also doubles. If food already accounts for most of what you spend in a month, even a small rise in the price can have a big impact on a family's food budget."

What this means, essentially, is that we probably don't have to start worrying about where our next meal is coming from, any time soon. But, we do need to be aware and conscious that the situation is very real, and it is largely man-made. And terms like 'eating sustainably' and 'saving the planet' can no longer simply be the latest fads to follow, but rather, long-term lifestyle choices we all make. And it may just help feed the world a little bit longer.

DO YOUR BIT

- **Grow a garden:** Begin growing herbs in pots by the kitchen window, or as the weather cools down, start sowing seeds in your backyard.
- **Reduce waste:** Preservation methods such as canning, pickling or dehydrating can make the foods you buy, go much further.
- **Save water:** Small changes make a big difference – turn taps off when not needed, and use water-saving modules in your appliances such as dishwashers and washing machines.
- **Eat green:** Increase the amount of vegetarian food you eat, and you will also reap the nutritional benefits from it.
- **Lower your carbon footprint:** Buying local – fruit and vegetables grown within the region, and even other products like coffee beans that have been locally grown can help can lower your footprint tremendously. Make sure to reduce, reuse and recycle –especially for plastic packaging such as bottles and paper.



Annie's conservatory-style extension doubles as a kitchen and dining room



Steel racks from Ikea keep frequently used pans, bowls and utensils close to hand above the large stove

MY KITCHEN

Annie Bell

Cookery writer Annie Bell shows Val Wotton how she made maximum use of a small space to create a hard-working kitchen.

Photographs TIM YOUNG

Annie originally trained as a chef and now writes cookbooks and recipes for magazines. She lives with her husband Jonnie and two sons, Rothko, 22, and Louis, 13, in the garden flat of a Victorian house in west London.

Why did you decide to renovate the kitchen?

We've lived here for over 15 years, and ten years ago, we decided to add a new kitchen space with a conservatory-style extension. The working kitchen area is quite small and I cook a lot, so I wanted new units that would make the most of every inch of space. After a lot of agonising over what style to go for, I decided that my remit was a craftsman-made kitchen where the insides of the units are as beautiful as the outside.

Who built it?

The English Kitchen Company. It was serendipity, actually. My friend recommended a different company and I got the name wrong – so I found them by mistake! They make everything in their workshops in Hampshire, so we could choose every aspect of the kitchen – the door design, interior fittings, everything. We found all the door handles in Belgium.

Was it expensive?

It wasn't cheap, but more affordable than we expected a craftsman-built bespoke kitchen to be, and it was certainly worth it. It's transformed a tight space into a kitchen that really works and should last a lifetime. It helped that we recycled a lot of existing things – the steel worktops, sink and splashbacks, the pan racks and my La Cornue cooker – and the electrics and plumbing were tweaked but not radically changed. It was incredibly easy, too. We dropped off the key, went on holiday for a fortnight, and came back to our brand new kitchen.

What appliances do you have in there?

I love the huge hob on the La Cornue cooker, especially the simmer plate that also warms the room. I don't use the big oven a great deal, except for family Sunday lunch – I rely mainly on a Miele fan oven. The fridge and dishwasher are also by Miele, and I have an extra fridge and freezer and overflow larder at the back of the flat for work stuff.

Must-have gadgets?

I don't have enormous amounts of electrical gadgets, just a few essentials like the Magimix, that are always to hand. I've tried loads of different expensive blenders and they always blow their tops. I like my bottom-of-the-range Kenwood because it has a screw-on top. I wouldn't be without my Rösle food mill either, if only for puréeing potatoes. And I wouldn't give up my huge wooden chopping board.



Door racks and deep drawers make it easy to find exactly what you're looking for







Oak-lined drawers are fitted out to Annie's specifications

ANNIE'S KITCHEN PLANNING TIPS

- Plan carefully to get the most out of a small space. A bespoke kitchen designed and made just for your situation helps to shoehorn everything in.
- Avoid deep cupboards where half the contents get lost at the back and everything has to be unloaded to reach them – drawers and door racks can be the solution.

The adjacent dining area allows the whole family to sit down and eat together

Final thoughts?

It's a small space, but I like having everything within easy reach, and it doesn't feel closed in because the skylights and fold-back doors connect it to the outside. It's great having the dining space here so you can be with people, but they're not in your way while you cook.

I like the streamlined simplicity – the way the colour echoes the frosted glass skylights. To me it looks beautiful and everything works wonderfully. GF

GET THE LOOK



To get a bespoke kitchen similar to Annie's check out Kitchenkraft. Prices for laminate kitchen start from Dhs30,000.

A sturdy cooking range is essential in a kitchen like this. This stainless steel stove from Candy comes with a 52l oven capacity. Dhs1,999 available at Eros.





Transform any drawer into a haven of organised neatness with this Berard Cutlery Tray 44x30x5cm from Tavola, Dhs149



Ikea's heavy duty steel racks happily hold huge pots and pans. GrundtaL stainless steel wall shelf 120cm from Ikea, Dhs115.



The Philips Advance blender (HR2096), is compact and easy to use, Dhs449.



Food Safari:

Caribbean

Starting this month, in each issue, we dip into the UAE's multicultural melting pot to discover a new cuisine.

Liesa Euton is a multi-faceted hospitality professional who has lived in Dubai for seven years working as the international relations director for the UAE Athletics Federation and Event Director for the Dubai Womens Run. Hailing from St Martin's island in the Caribbean, she has, among other things, managed hotels for 15 years and also ran her own restaurant on the island for eight years, after going to hotel school in New York.

A true foodie, who loves cooking and baking, Liesa started out in the kitchen when she was just five years old, helping out her mother and grandmother. "I started with chopping vegetables, and helping prepare dishes. I learnt everything about Caribbean culture and food from my mom and her mother Edith. At home, we had many parties and open houses during the holidays, so that's where I learnt to prepare food in bulk," she reminisces.

Although the Caribbean is widely seen as one region, it is a diverse collection of countries and islands, each with its own cultural and geographical identities, but with certain common foods giving it a culinary homogeneity. Sint Maarten-Saint Martin, where Liesa comes from, bears the unique identity of being the smallest land mass shared by two different countries. The French and the Dutch have shared the island for over 300 years, which influences, along with traditional island culture, has shaped the cuisine of the island, which sits at the top of the Leeward and Lesser Antilles archipelagos of the Caribbean.

"My mother came from the French side of the island, which is more of a Creole-influenced, but most Caribbean cuisine is invariably a mix of traditional Dutch and Creole styles of cooking, as well as some traditional French food as well," Liesa explains.

Naturally, native produce has played a key factor in the evolution of the cuisine. Popular ingredients that showcase the abundance of the land include coconut, cassava, scallions, tropical fruits, and of course, seafood, while local spices such as cinnamon, star anise and nutmeg, as well as herbs like thyme and rosemary are essential to the local diet. The flavours are typically hot and spicy – with the local Scotch Bonnet peppers (Caribbean red peppers) featuring in most dishes

– balanced by sweetness. “Everything is fresh and natural, and traditionally, you cook according to what is available in the market,” says Liesa.

Salt was one of the island’s main industries – before tourism took over – and one of their most traditional dishes, Salt fish, combining their two produce items is a classic example of how reliant the traditional cuisine is on the yield of the land and sea.

Fresh seafood appears in virtually all menus, as does chicken, which is very popular. Other traditional dishes in the cuisine include Collaloo soup (spinach, chicken stock, beef and crab meat); Johnny cakes (fried dough pancakes that can be used in sweet of savoury dishes); Potato pudding and coconut pies, to name just a few. Another staple that features in all meals is a side dish of fried plantains (see recipe overleaf), that is eaten with almost everything.

One of the island’s most famous produce items is the guavaberry – popular both as a base for wines and liquers, as well as in pies and pastries. Liesa recalls a family anecdote about the guavaberry – which ferments while on the tree to become alcoholic – from when her mother was a child. “She was sitting on a guavaberry tree merrily eating the fruit, not realising its effect, until she actually fell off the tree,” she laughs.

It is customary for local rums or French wines to accompany most meals, and good food and drinks are an essential part of any celebration on the island. “Caribbean people love to cook, and it is just normal for us to welcome people passing by into our homes for a meal – the pot is always open,” Liesa says.

In true Caribbean fashion, she opened up her Dubai kitchen to us, to share a typical meal that showcase the flavours of island, using easy-to-find ingredients and simple recipes.



Liesa at home in Dubai with her pet dog Lola

Liesa’s grandmum Edith, seen here with her nephew, was her biggest culinary inspiration





EAT LIKE A LOCAL

A bottle of oil with chopped onions, garlic and vinegar inside, commonly known simply as a pepper bottle, is always found at a Caribbean table, and is used for flavouring any dish.



St. Martin's stewed chicken

SERVES 4

1 whole chicken
1 tbsp white vinegar
1 tsp garlic powder
1½ tsp seasoning salt
1 tsp Worcestershire sauce
1 tbsp vegetable oil
1 medium onion, chopped
1 small tomato, chopped
¾ cup boiled water
1 sprig thyme
1 tbsp tomato paste
1 tsp Indonesian sweet soy sauce
1 small sweet green pepper, chopped
2 or 3 cubed potatoes (optional)

1 Cut chicken into twelve pieces. Wash in cold water with vinegar. Drain the water and rinse again. Season with garlic powder, Worcestershire sauce and seasoning salt. Marinate for 1 to 2 hours.
2 In a large skillet, heat oil and fry chicken turning constantly until golden brown on all sides. transfer to a dish and set aside.
3 In the same pan, add onion and tomato. Saute until wilted, then add water. Then add thyme, tomato paste, and soy sauce; stir and let simmer for 5 minutes. Return chicken to pan. Add cubed potatoes (if using). Cover tightly and cook for approx 15 minutes. Serve with pigeon pea rice.



Pigeon peas and rice

SERVES 4

1 cup pigeon peas (green or dry; if using dry, soak overnight in enough water to cover, then drain before cooking)
3 cloves garlic, minced
1 small onion, died
1 small green (sweet) pepper, chopped
1 whole green hot pepper
1 celery stalk, chopped
1 sprig thyme
1 tsp sugar
1 tbsp chicken bouillon
1 cups brown rice
4 cups water
1 tbsp shortening
1 tbsp butter

1 Place peas (green or dry) in a medium-sized pot with enough water to cover, and add all ingredients except rice, shortening, and butter. Bring to a boil, reduce heat, and simmer for approximately 1½ hours until peas are cooked. Then, add the 4 cups of water and bring to boil again.
2 Add rice, and using a fork, stir in shortening and butter. Let boil for 10 to 12 minutes, reduce heat, stir occasionally until rice is fluffy and water is absorbed (about 20 mins).



Fried Plantain

SERVES 4

2 ripe plantins
4 tbsp vegetable oil

1 Peel the skin off the plantain and cut lengthwise, approximately 6 slices.
2 In a frying pan, heat oil and fry plantain slices, browning both sides. Remove from oil and drain on paper towel. Serve warm.

Caribbean Spice Cake

SERVER 8

INGREDIENTS
2 cups all-purpose flour
2 tsp baking powder
1 tsp salt
½ tsp baking soda
2 tsp ground cinnamon
2 tsp ground ginger
½ tsp ground cloves
½ tsp ground white pepper
½ cup plus 2 tbsp butter, softened
1 ½ cups firmly packed light brown sugar
2 large eggs
½ cup tamarind nectar
¼ cup confectioner's sugar (topping)

1 Preheat oven to 190C. Coat a 13x9 inch baking pan or bundt pan with cooking spray, and line with parchment paper.
2 Combine flour, baking powder, baking soda, salt and the spices in a medium bowl.
3 In a large bowl, beat butter and brown sugar at medium speed with an electric mixer until creamy. Add eggs and beat for 1 minute. Add tamarind nectar, beat until smooth. Add flour mixture, beating until well combined.
4 Pour batter into prepared pan, and bake for 30 minutes or until a wooden pick inserted in center comes out clean. Sprinkle confectioner's sugar on top, and garnish with shredded carrot, to serve. GF



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CZECH this out

The hottest new culinary destination on our radar this month is Prague. With a recent resurgence of interest in traditional Bohemian food amongst Prague's chefs and restaurateurs, the city now has a lot more to offer than stunning architecture and history. Check into the Mandarin Oriental for their Taste of Prague package which includes one night's stay with breakfast, a trip to a farmer's market with the hotel's executive chef, lunch, followed by a private cooking class on authentic Czech cuisine using the local, seasonal ingredients purchased at the market, and a three-course dinner accompanied by local wines, plus foodie gifts to take home. Package prices start from EUR720 (around Dhs3,390) for two people, visit mandarinoriental.com/prague.

Sky-high five-star dining



Steer away from plane food usually? You won't anymore, if you book in for a Qatar airways flight. The leading airline has recruited an all-star cast of celebrity chefs to create the first-of-its-kind Culinary World Menu for its flights. The lineup includes the legendary Nobu Matsuhisa, Vineet Bhatia, Ramzi Choueiri from Lebanon, and Michelin-star chef Tom Aikens, each bringing their expertise in a particular cuisine to the table. The menu has been developed taking into account the unique factors that affec taste-buds at 35,000 feet, and foods suitable for long-haul flights. Just trying out the food seems reason enough to book one of these flights, for us! qatarairways.com.



New openings in Oman

Your gastronomical choices in Oman just increased with the opening of two new restaurants at the Shangri La Bar al Jissah Resort & Spa. Fairouz, inspired by the legendary Arabic songstress, serves up authentic Lebanese cuisine accompanied by traditional entertainment, while Asia, as the name suggests, offers food from China, Japan, Thailand and more, in a stylish, contemporary setting complete with show kitchens. shangri-la.com.

A GARDEN IN VIETNAM



We love the idea of grow-your-own, wherever in the world it is, so the story of La Residence in Hue, Vietnam, introducing their on-site herb garden definitely gets our (green) thumbs up. Launched at the beginning of this year, the resort – which is set in a 1930s art deco mansion – grows over twenty vegetable and herb species, including galangal, pandan and sweet potatoes, and also has its own fruit orchard. Visit la-residence-hue.com for more info.

Tea and scones? Yes, please!

The Summer of London may be officially over, but there's still plenty of reason to visit the British capital. And if you're anything like us, then the quintessentially English tradition of afternoon tea should be right up there on your priority list! When in London, stop by the elegant Cadogan Hotel, which is celebrating its 125th anniversary this year by offering afternoon tea, complete with fresh scones, pastries and finger sandwiches, at a price that won't break the bank (GBP22.5, around Dh135). The hotel has hosted many a celebrity since it opened in 1887, so if it's good enough for them, it's good enough for us! cadogan.com.



When in Wien...

Vienna may be best known for its cultural and historical legacy, but it is fast emerging as an exciting culinary destination too, says Sudeshna Ghosh.



Vienna's vineyards contribute to the city's greenery

One of Austria's smallest provinces, Vienna has been consistently voted the best place in the world to live in, three years in a row. And it's not hard to tell why. Naturally pretty, the country's capital not only has stunning baroque architecture and green spaces dotted all around – over 50 per cent of the city's land is made up of parks and woodlands – but an enviable heritage of classical music and arts, being the hometown of musical legends like Wolfgang Mozart and Beethoven. More recently, Vienna is also developing as something of a contemporary design hub, with a young, trendy sub-culture thriving alongside its historical identity. So, not only is it a great place for residents, but as a tourist, you have everything – from royal palaces and museums, to nature walks and hikes – in one compact, attractive package.

If that wasn't reason enough to visit, Vienna is also turning into a gourmet destination to reckon with, as I recently discovered, offering travellers much more than the ubiquitous wiener schnitzel – although that still remains the city's top culinary choice for many.

With its unique geographical position, literally at the heart of Europe, Vienna has developed its own cuisine, incorporating influences of Bohemia, Hungary, Balkans and of course Austria. But, scratch the surface, and you'll find the city serving up an array of choices to excite any gourmand – from avant-garde chefs and organic farmers markets to traditional wine taverns and unforgettable coffees. From quintessential experiences to secret gems of the city, here is our pick of some Vienna must-dos:

EAT GREEN

Whether it's organic, sustainable cuisine, or literally eating surrounded by greenery, Vienna has it all. Some 18 per cent of Vienna's agricultural land accounts for organic produce, and the organic movement is also an important component of Vienna's wine industry. So, there is no dearth of restaurants where you can expect high quality Austrian cuisine with solid green credentials.

The Hollmann Salon is an inner city gem – tucked away behind ancient baroque buildings, this stylish, yet unpretentious restaurant specialises in modern Austrian cuisine, using organic and regional ingredients (with their meats bought exclusively from the Lower Austria region), and a hand-made approach to food.

Another restaurant offering contemporary interpretations of Viennese cuisine is Osterreicher in MAK, headed by distinguished Austrian chef Helmut Osterreicher, who relies on fresh, seasonal produce to serve up delicious Viennese cuisine (their Weiner Schnitzel is one of the best in the city) in a stylish, elegant setting. Located in the Museum of Applied Arts complex, with the architecture offering a modern take on a traditional Austrian inn or Guest house, this is designer dining at its best.

Green eating takes on a whole new meaning in Vienna, with the number of options available for dining surrounded by nature. A highlight certainly has to be the Steirereck restaurant, ranked 11th in the world's 50 Best Restaurants list. Located inside Stadtpark, the city's largest park, here you can enjoy Michelin-starred innovations of Austrian cuisine, with a focus on the Slow Food movement.

For a Mediterranean-inspired meal with a touch of imperial history, look no further than the Palmenhaus restaurant, which is located inside a greenhouse within the Schonbrunn Palace grounds. The atrium roof and lush





Few things are as quintessentially Viennese as the Wiener Schnitzel

environment, complete with palm trees and verdant creepers, offers the experience of alfresco dining without being exposed to the elements.

But to truly get away from it all, you could probably do no better than the Oktogon Am Himmel café (which translates to mean In the Sky). Located on the city outskirts, this hilltop venue offers incomparable views of the city. Check out the unusual 'Tree of Life Circle', then then follow it up with a relaxed meal at the café where you can enjoy uninterrupted views of the city from the floor-to-ceiling glass windows, and traditional Viennese delicacies with an Italian twist.

Insider tip: If you're visiting during the summer months, most restaurants will have the seasonal specialty of chanterelle mushrooms on the menu – a must-try! Pumpkin seed oil is another unique ingredient that is grown exclusively in a small region of Austria – delicious in salad dressings.

VISIT A COFFEE HOUSE

Viennese coffee houses are something of a local institution, with its heritage dating back to 1685. It was at the turn of the 19th century that these coffee houses truly came into their own, becoming an integral part of Vienna's social fabric, with cultural and political leaders, as well as the intelligentsia frequenting them. With rich, elegant interiors and a relaxed atmosphere, a traditional coffee house is where historically, people would while hours away, either with friends, or alone with a newspaper or a book. In recent years, coffee houses seem to have become trendy again, both in their historic avatars, as well as in modern bistro-meets-bookshop-meets-bar versions.



Coffee houses are an essential part of the Vienna experience

For a true taste of the traditional, don't miss Café Sperl , where parquet floors, crystal chandeliers and marble tables adequately reflect the Imperial era's opulence, while a staggering range of coffees - mostly served with an indulgent dollop of whipped cream on top – keep your tastebuds busy.

For a contemporary coffee house experience, check out Phil, which has quirky décor, funky merchandise on sale, and an achingly hip vibe.

GO FOOD SHOPPING

Shopping at farmer's markets are probably one of the most fun experiences for a foodie in Europe, and Vienna's Naschmarkt, the city's largest and best known, is right up there as a bustling, colourful outdoor hub of all things gastronomy. While you will find a tempting array of local produce, meats, cheeses and herbs on offer, it is a lot more than just a farmers' market, with some fantastic casual restaurants also calling this place home – serving up anything from Israeli fast food to sushi – as well as hip bars. With art nouveau buildings overlooking the expanse on both sides, Naschmarkt also has a weekly flea market on Saturdays, where you can pick up some antiques along with your antipasti.

Two other markets to add to your list if time permits, are Karmelitermarkt – which focuses on organic and Austrian produce – and Brunnenmarkt – a trendy, multicultural market.



Naschmarkt is a culinary treasure trove

For a slightly more gourmet shopping experience, make your way to Julius Meinl am Graben, Austria's largest food department store chain, which had its humble beginnings in 1862 as a coffee shop and roastery, but has since grown to become the leading destination for fine foods. The food hall-style store, situated in the heart of the city, is where the locals shop, to procure the finest cheeses, cold cuts, chocolates, international delicacies, and local specialties. You'll find enough pantry ingredients and foodie souvenirs to please anyone!

Insider tip: Austria produces excellent honey, so stock up on affordable, natural, organic local honey at Julius Meinl and the markets, to replace the supermarket versions you'd normally buy.



The Mayer Pfarplatz Heuriger's picturesque courtyard

TRY A TRADITIONAL HEURIGER

Not many people know of Austria as being a wine producing region, but Vienna is the only city in the world with wineries located within city limits – over 700 hectares of it. Viennese wine isn't made for exports, but more for locals to enjoy, so you are likely to find small, family-run wineries rather than big international brands. A Heuriger is a traditional Viennese wine tavern, where locally grown wines are served (the wines need to be no older than 300 days in order for it to qualify as a Heurige), accompanied by sharing platters of traditional foods. The Mayer Pfarrplatz is probably the best known Heuriger in Vienna, being a former home of Beethoven, where you can relax in the picturesque, rustic-style courtyard, sipping on Gruner Veltliner (a typical wine of Austria), and feasting on platters of wiener schnitzel, sausages, roasted meats and delicious vegetable fritters, with salads and breads on the side.

Insider tip: The way to tell if a Heuriger is the real deal, is if it has a pine or fir sprig hanging outside the door. Otherwise, a number of other restaurants also offer a similar experience, but without the authenticity of the fresh wines.



Demel's tantalising selection of cakes and sweets will tempt anyone

INDULGE YOUR SWEET TOOTH

If Vienna had a middle name, it would probably be chocolate. And, if you're a chocoholic, then you need to add a visit to Schokolade Konig to your itinerary. A tiny chocolate boutique in the city centre that has been converted from a former button shop, under the helm of confectioner-to-royalty Wolfgang Leschanz, this Willy Wonka-esque paradise offers gorgeous handmade artisanal chocolates.

You'll be spoilt for choice when it comes to chocolates, traditional cakes and candy in Vienna, with practically every street corner offering sweet treats. The legendary Sacher Torte is of course, best enjoyed in its home, the historic Sacher Hotel (although it is now a menu staple at most confectioners' in the city), while Demel is a Viennese institution, known both for its mouthwatering cakes, too-pretty-to-eat sweets as well as its stunning window displays.

Insider tip: Iced violet petals were a favourite sweet of Austria's favourite empress Sisi, you can find the best ones at Demel – they make for great gifts.

TRAVEL DIARY



WHAT TO DO

When you're not eating your way through the city, here are a few things to check out:

The imperial heritage of the still-revered Habsburg empire is very well-preserved in Vienna, with both the city-centric Hofburg Palace and the rococo-style Schonbrunn summer palace making for great sightseeing spots. There are plenty of museums and galleries to culture up at, with the Museums Quartier being a great spot for art-hopping. Music, of course, is Vienna's biggest cultural export, so a concert at one of the many historic, lavish venues, particularly the iconic Vienna Opera House, should be on any one's wish list. Be warned though, tickets for the big concerts are sold out well in advance, so planning ahead helps.

WHERE TO STAY

The Do&Co hotel holds the unique distinction of being situated right in the middle of the city – on the pedestrian-only Stephansplatz square, in fact. The only modern building in that area, this Design Hotel member offers chic urban luxury and incomparable city views. The hotel's Onyx bar is one of Vienna's trendiest hotspots, while the elegant Do & Co restaurant has carved a name for itself amongst the city's foodies.

Room rates start from Euro245 (approx. Dhs1,170), visit doco.com.

GETTING THERE

Vienna is an easy five-hour flight away, Emirates Airlines offers direct flights, prices start from Dhs2,340, emirates.com. Austrian Airlines also offers direct flights.

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Eco-luxe break

Al Maha Desert Resort

WHY GO THERE? Part of the Dubai Desert Conservation reserve (DDCR), this uber-luxurious resort is located less than an hour away from Dubai, but feels like a world apart – from the moment you arrive at the reception gate off the Dubai-Al Ain highway. This is where we deposited our car to be chauffeured to the resort, safari-style, over an off-road track, while a field guide chatted to us about the various activities on offer, before being welcomed with a delicious fruit drink and cold towels at the private majlis-style check-in area – it was the perfect introduction to the eco-conscious, yet luxurious experience this award-winning resort offers.

With just 42 tented luxury villas, the intimate resort showcases Arabian elegance at its best – it is home to over 2,000 traditional artefacts, the largest private collection of its kind. The luxuriously appointed villas all boast private infinity pools, bathrooms the size of an apartment, and unique little touches like an easel with all the accoutrements you'll need to unleash your inner artist, based on the quiet confidence that the dune-surrounded setting is bound to inspire art in even the most pedestrian amongst us.

The 225 square kilometre reserve has been developed over the last 12 years as a zone where local flora and fauna are carefully protected; it is perfectly normal to see gazelles wander around freely all around the sprawling property and stop by for a drink at the private pools. We had a cute-as-a-button gazelle join us for breakfast on our poolside wooden outdoor deck, and we also spotted the rare Arabian oryx – a species whose population the DDCR has rehabilitated to over 500, from a near-extinct 50 a few years ago.

Apart from the gazelles and oryx, the reserve is also home to a variety of other desert species. A booking here includes two activities from over eight different options to choose from, whether it's early morning nature walks, camel treks, or wildlife desert drives. For those wanting to stick to the luxury theme, the Sundowners are a great option – a leisurely drive out into the desert in a 4x4 vehicle to watch the sunset over a glass of bubbly, what could me more indulgent?

WHAT'S THE FOOD LIKE? Under the watchful eye of French executive chef David Miras , Al Maha has emerged as a culinary destination in its own right, whether it's gourmet five course dinners at the elegant Al Diwan restaurant, or a relaxed breakfast in your villa's outdoor deck. The cuisine is international, and focuses on quality ingredients that are allowed to be the heroes of the dish – the grilled jumbo prawns with a fresh garden salad is as much a feast for the eyes as it is for the stomach.

The best part? Room service isn't additionally charged for, so if you wanted a total escape, everything can be served in the privacy of your villa – complete with white linen and silver service. But, whatever you do, don't miss the experience of having dinner at Al Diwan's outdoor terrace, where the stillness of the desert, the torch-lit ambience, and elaborate five-course meals come together to make for a magical experience.

But, any hotel is only as good as its service. And at Al Maha, friendly yet discreet service has been perfected to a fine art. Nothing is too much trouble, and the smallest of details – such as diet preferences of the guest that are noted down at check-in, to be conscientiously adhered to at all meals – are paid attention to. A trip here does make you feel like you've truly 'got away from it all', and, a little spoilt.

GET THERE NOW: Special Eid package costs Dhs5,555 for two, including all meals, three desert activities, and one spa treatment. almaha.com.

- Sudeshna Ghosh







Romantic break

The Cove Rotana Resort, Ras Al Khaimah

WHY GO THERE? Set on a tranquil water inlet, away from the main city of Ras Al Khaimah – just 45 minutes away from Dubai – the resort exudes a subtle Arabian charm. The breathtaking views and fresh sea breeze beckoned us to step out for a walk as soon as I checked in – surrounded by little lagoons and lush green spots, a romantic stroll here is the perfect way to switch gears and get into weekend mode. The landscaped gardens with meandering waterways, criss-crossed by pretty pathways and bridges, look especially picturesque all lit up after dark.

The resort consists of 204 rooms and 76 villas; all the villas includes a spacious living room, terrace and views of the sea or lagoons. The two or three bedroom villas are duplex, and come with a private plunge pool on the terrace, giving you complete privacy, with no need to leave the villa at all. The room décor is contemporary with Arabic touches, and feel like a relaxing home away from home.

To make the most of your romantic retreat, make your way down to the 600m private beach, with a gorgeously shimmering turquoise ocean lapping at its shores, and unwind with an outdoor massage treatment.

If you can drag yourself out early enough, catching the sunrise from the beach is an experience well worth the while. If not, you can still enjoy it from the comfort of your robe in the room, with most rooms and villas offering beach views. Spend the rest of the day unwinding by the two infinity pools, as you try out cooling cocktails from the pool bars and soak up the sun. If you're feeling adventurous, you could also try out a few beach sports activities.

Other amenities available include the Bodylines leisure and fitness club with gym, jacuzzi, steam and sauna rooms, and the Flipper's kids club, which is great for families with children.

WHAT'S THE FOOD LIKE? There's a cuisine to suit every palate at the resort, so choose from over six restaurants and lounges. Cinnamon is the ideal venue for a romantic candlelit dinner, complete with cosy nooks and warm décor. This all-day dining international restaurant is known for its theme nights such as the Seafood night, that serves up freshly caught seafood and fish. This restaurant is also the location for the morning breakfast buffet, offering fresh crepes, waffles, cheese, refreshments and healthy options, as well as the Friday brunch which includes a live sushi station, and a dessert station that you will want to devour the minute you lay eyes on it.

For a relaxed alfresco dining experience, head to the beach to sip on tropical cocktails and feast on delicious BBQ on the terrace at Breakers, while watching the sun go down. You could also try Basilico for authentic Italian favourites, or simply relax over a cup of afternoon tea at Breeze, located at the main lobby of the hotel.

GET THERE NOW: Room rates start from Dhs1,500 per night, rotana.com.

- Nicola Monteath

Family break

Qasr Al Sarab Desert Resort by Anantara

WHY GO THERE? A secluded resort surrounded by the orange hues of sand dunes that go on forever, you feel transported back in time to traditional Arabia from the moment you enter the resort. Located in the middle of the Liwa desert, the entire property is designed based on Arabian culture and heritage, reflecting the rich history and traditions of the region. We were booked in the Deluxe Terrace Room, a spacious, luxuriously decorated room, with its own rustic-styled terrace that overlooks the desert and the main pool. The picture-perfect destination makes even an amateur like me look good as a photographer, as every shot looks like it's professionally shot.

There is an array of desert activities to choose from, that you can enjoy with the kids. Our highlight of the stay was a camel trekking expedition, in which we were guided by experienced and informative guides around the desert, getting a glimpse into the desert wildlife. We were as fascinated as my nine-year-old daughter was! Other family-friendly activities at the resort include dune bashing and archery, plus there are plenty of sport options including tennis courts on offer.

Within the hotel itself, there is lots to keep kids occupied, with the Kids club equipped with everything from Wii and Playstation games, to arts and crafts on offer, with all activities supervised at all times. My daughter happily whiled away hours watching her favourite DVDs on the large-screen TV, which offered me the perfect opportunity to escape to the renowned Anantara spa for a signature treatment. Everybody wins!

The Anantara Signature spa treatment starts off with a floral foot ritual followed by a massage using a blend of specially blended oils that stimulates one's blood circulation and promotes deep relaxation, by working on the body's meridian or energy flow. As I stepped out of the spa, I was bid farewell by a meowing desert cat, reminding me that this was a true escape from my city life worries.

WHAT'S THE FOOD LIKE? Suhail restaurant, Qasr Al Sarab's signature restaurant, is named after a star that Bedouins used to navigate through the desert in ancient times. This rooftop bar and restaurant serves the finest cuts of meat and the freshest seafood, with a French touch, with sweeping views of the wadi below. Don't miss the Cotbeloes, a starter of Portobello mushrooms, marinated tomatoes, goats cheese and chives in pesto and white balsamic, and the Black Cod cooked in coral and minted butter with asparagus, mushrooms and tomatoes on the side – divine. Breakfast is a lively affair at the all-day dining Al Waha (meaning The Oasis) restaurant, where a tantalising buffet – think cold cuts, cheeses, fresh fruits, a selection of breads, freshly squeezed fruit juices, homemade jams, egg cooking station, waffles pancakes, the works – and a relaxed atmosphere makes it an enjoyable affair for all the family. The resort also has a Mediterranean-themed restaurant, Al Ghadeer, as well as the unique Dining by Design offering, in which a bespoke private meal is served at various exotic locations around the property.

GET THERE NOW: Room rates start from Dhs1,400 per night. The Family Desert Getaway package includes breakfast for four, lunch and dinner for adults with discounted prices for kids, one family desert activity, free access to kids club and discounted spa treatments. anantara.com.

- Marizel Salvador















Beach break

Fujairah Rotana Resort & Spa

WHY GO THERE? The large, airy feel of the resort transports you into a tropical island-state of mind almost instantly. The modern décor makes the most of the beautiful beachfront location and sprawling landscaped gardens – with the rooms looking out into the ocean. The attentive service makes you feel welcome throughout, in spite of the resort being quite busy during my visit.

Popular with European tourists, the large temperature-controlled swimming pool – complete with swim-up bar and lively DJ music – is enough of a magnet to tempt you to just lie on your lounger all day with a book. But you'd be amiss to not take advantage of the many water-sports facilities on offer, or the gorgeous stretch of private beach. There's everything from wind-surfing, parasailing, and wakeboarding to the less intense kayaking, and banana boat rides on offer.

For those who really want to maximise their seaside time, there's sailing courses, sport- and fly-fishing opportunities, and Padi certified diving courses also available. I decided to steer away from the diving on this trip, and instead chose to enjoy the beautiful underwater marine life with the aid of a snorkel instead.

For those who want to stay active, there's no dearth of choice on land either – whether it's a fun game of beach volleyball, or a tennis match in the flood-lit courts. For the truly active, there's also squash courts and a gym. And the perfect way to relax those watersprots-weary muscles? A relaxing treatment at the award-winning spa, of course.

WHAT'S THE FOOD LIKE: There are over six outlets to choose from, with the all-day dining Mosaic being a clear favourite. The buffet offered a wide array of delicious international options for breakfast, lunch and dinner, and in spite of the busy traffic, the food just kept on coming! Other restaurants include Sharkey's outdoor beach bar and restaurant, and Waves, an a la carte outlet also near the beach. My favourite meal was lunch at the Sharkeys beach lounge – the crispy thin-crust seafood pizza was to die for – where you can enjoy the experience of dining alfresco at the beach, but in air-conditioned comfort. Waves offers a relaxed yet elegant option, with its seafood-focused à la carte menu and panoramic views – the Lamb Knuckle and Mussel in White Wine with chips is a must-have.

GET THERE NOW: Room rates start from Dhs600 per night, rotana.com.

- Carol Owen

Competitions

Fabulous prizes, from dining vouchers to event passes, up for grabs.



WIN! DINING VOUCHERS FROM RADISSON BLU HOTEL DUBAI MEDIA CITY, WORTH DHS500 EACH.
Two winners will win dinner for two, with soft drinks, and get to feast on authentic Italian flavours at Certo Italian Restaurant. Plus, one lucky winner gets a chance to try the Seafood buffet dinner at Chef's House restaurant, with a guest, while a family of four (two adults and two kids) gets to enjoy the Saturday Fun family brunch and enjoy an international and Asian buffet with fresh shellfish and sushi, while kids have fun at the entertainment zone.



WIN! ALL ACCESS PASSES TO THE INTERNATIONAL FINE FOOD FESTIVAL, WORTH DHS1,800 AND A GIFT HAMPER
Two lucky winners get unlimited access to the Crème de la Crème lounge, as well as a reserved seat at The Chef's table, and other all-access areas at this gourmet festival taking place from October 30 to November 2. One lucky winner will also receive a basket filled with foodie goodies from the Posh Picnic.

WIN! BRUNCH FOR TWO AT RARE, DESERT PALM RETREAT, WORTH DHS790.
Treat yourself to the new Vintage Friday Brunch at this elegant restaurant, feasting on European cuisine with an Asian flair. Sit out on the gorgeous terrace with views of the green polo fields, and try dishes from live cooking stations such as pan seared foie gras with apple compote, and 120-day-old succulent beef tenderloin, complemented with wine pairings.

WIN! 5 FAMILY PASSES AT DUBAI DOLPHINARIUM, WORTH DHS400 EACH
Watch a live dolphin and seal show, with the family, at the Dubai Dolphinarium in Creek Park, as they perform adorable actions such as juggling, dancing and tail walking.





WIN! BRUNCH FOR TWO AT MAZINA, THE ADDRESS DUBAI MARINA, WORTH DHS440.
Enjoy a Halloween-themed Generation creation brunch brunch and bring out your artistic talent by carving pumpkin lanterns, as demonstrated by the culinary experts. There are prizes up for grabs as well, as well as an enticing buffet.

WIN! MEAL VOUCHERS FROM TRIBES RESTAURANT, MALL OF THE EMIRATES, WORTH DHS 300 EACH.
Four lucky winners, and their partners, will get an authentic African experience, enjoying mouth-watering delicacies, and entertainment in the form of traditional African dancing and drumming by the staff.





WIN! TAPAS FOR TWO AT AMWAJ, SHANGRI-LA DUBAI, WORTH DHS400.
One lucky winner gets indulge in a selection of six tapas dishes, including oysters and a glass of sparkling wine, along with a friend at the Weekend Tapas Bar theme night, held every Thursday and Friday.

WIN! FOOD AND BEVERAGE VOUCHERS FOR TWO, FROM BLACK CANYON RESTAURANT, WORTH DHS250.
Two lucky winners, along with a guest each, will get a chance to have healthy fusion Asian cuisine, and try out the recently launched autumn beverage that includes coffee frappe drinks with blackpuccino, cranberry and mocha choco chip.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

First look

A select group of Food Club members got the chance to preview some new-to-the-market products from Dole, and watch chef Andy Campbell whip up a creative canapé menu using those ingredients.

Photographs CRIS MEJORADA





Clockwise from top left: Chef Andy in action; Nachos and Dole guacamole dips were served at the reception; Guests enjoyed trying the dishes; Food Club members picked up tips galore; Plenty of demand for seconds! Lucky winners won Dole hampers.









Our latest Food Club event saw invited members converge at the Top Chef cooking studio in Jumeirah, to be treated to an exclusive preview of some Dole products – including some yet-to-be-launched brands. Guests were first given a taste of what to expect at the welcome reception, with nachos and three different guacamole dips from Dole on offer, accompanied by juices.

Then, award-winning chef Andy Campbell took over with a live demonstration of quick and simple, yet surprisingly stylish canapé recipes. As he showcased the dishes – which included delicious Tomato shots with basil and mild guacamole; Coriander chicken with cumin wafers and spicy guacamole; Edamame bean salad with avocado dressing and smoked fish; Corn and Parmesan muffins using Dole's microwave-ready King Cob sweet corn on the cob; and Banana chips using Dole East African Matooke bananas, with sweet or savoury spices – guests enjoyed taster portions of each.

If you missed it, here's a look-back at the event, along with Chef Andy's recipe for the popular, lunch-box friendly corn and Parmesan muffins, so you too can try it at home.

Corn muffins

INGREDIENTS:
310g self raising flour
75g fine corn meal
250 ml milk
125g melted butter
2 eggs beaten
130g sweet corn kernels
2 spring onions finely chopped
60 g finely grated parmesan cheese

1 First mix together the flour and the corn meal.
2 Then, mix all the ingredients together and spoon into a buttered muffin tray. Bake at 190C for 12-15 minutes until golden brown. Cool on a wire rack, then serve.



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Visit **www.bbcgoodfoodme.com** and sign up today.

What they said

Feedback from our Food Club members:

"Huge compliments to the team for a stunning Masterclass event. They are presented so professionally and are a fantastic showcase for the chefs and their restaurants." – Paul Conroy

"Thank you for the invitation to the Masterclass. We really enjoyed ourselves and look forward to replicating the menu when we next have friends over." – Liz Sandford

"Just wanted to say thanks very much for another wonderful, educational and tasty evening. My husband and I are very grateful to be able to attend these events." – Annette Duke

Present your Food Club membership card at these outlets to receive a **fabulous discount!**





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www.danathotels.com/DhafraBeach



AL RAHA BEACH HOTEL
Set along the corniche coastline, the hotel has a range of outlets including Sevilla (European, Italian and Asian cuisine); Azur (Mediterranean); Café Mozart (for English afternoon tea); and bars such as Black Pearl Bazar, Enigma, La Piscine poolbar and restaurant; Wanasah; and Al Manzil clubhouse.
Discount: 25% off F&B at all outlets
www.danathotels.com



DANAT JEBEL DHANNA RESORT
With views of the Arabian Gulf and sandy desert, the hotel boasts a range of dining options such as Tides (International cuisine); Zaitoun (Italian); C View café; Latitude bar; and Waves pool deck.
Discount: 25% off F&B at all outlets
www.danathotels.com/JebelDhanna



MEDIA ONE HOTEL
This funky, modern hotel in Dubai Media City offers contemporary dining outlets including Café M (serving light snacks and tapas); Z:One (Lounge bar and terrace); and The Deck on 8 (Rooftop pool deck known for their popular brunches).
Discount: 20% off F&B at all outlets
www.Mediaonehotel.com



RITZ CARLTON DIFC
Nestled in the business hub of Dubai, the glamorous hotel has 3 fine-dining outlets: Center Cut (Steakhouse), Can Can Brasseire (French cuisine) and Blue Rain (Thai cuisine).
Discount: 20% off on food only
www.ritzcarlton.com



DANAT AL AIN RESORT
This luxurious resort, surrounded by greenery, houses restaurants such as Arabesque (all-day dining); Luce, Tanjore (Indian); The Wok (Far Eastern cuisine); The Horse and Jockey Club; Tea Lounge; Al Nawafeer Terrace; Shooters and Blue Oasis Pool Bar.
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TILAL LIWA HOTEL
Located amidst secluded dunes off the majestic Rub Al Khali desert, the hotel has a variety of outlets including Al Badiya (contemporary and regional cuisine); Layali Bar; and Al Liwan.
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SANDS HOTEL
Situated in the heart of Abu Dhabi, the hotel offers a wide variety of cuisines at restaurants such as LaPiazza, Harvesters Pub, Chequers Bar and Restaurant, Tipar Bar and Restaurant, Cappucino Royal Café and Pool Corner.
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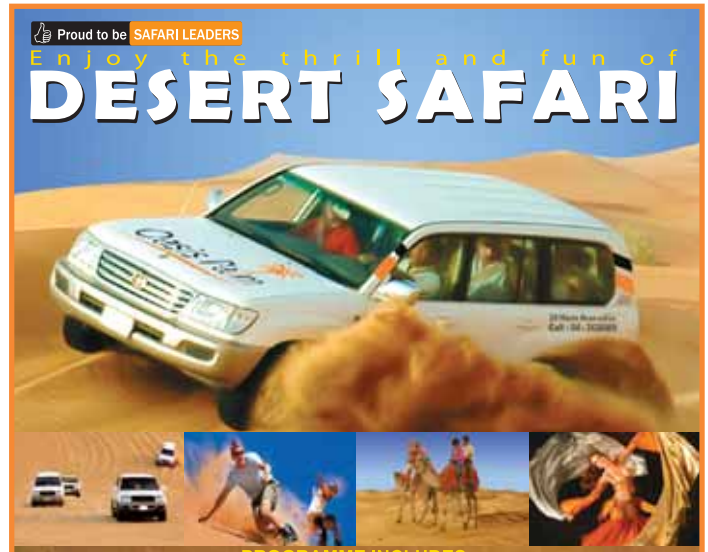


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Meet the blogger

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TALA SOUBRA, is a senior corporate officer at Blom Bank France by day, and founder of Fork It Over Dubai, where she blogs about food, by night. The 27-year old, who lives in Old Town Burj Dubai, moved to Dubai just four years ago from Lebanon, and can either be caught dining out, practicing her food photography or plotting her next big move in the world of food.

My fave food trend

currently taking over Dubai is the emergence of creative standalone restaurants that truly have character.

Culinary icons

Two food bloggers have greatly influenced my calling to the blogging world: David Lebovitz, author of *The Sweet Life in Paris* (Broadway), who helped transformed my writing style, and Helene Dujardin from Tartelette on the Sweet Side of Life, who made me realise the importance of beautiful photography.

Food inspiration

Travelling is my biggest inspirational source. When I go to Lebanon, I always try my best to find out food related stories from my grandparents' generation. I recently spent a month in Paris immersing myself in French food and pastries, which greatly influenced my palate.

About the blog

I enjoy the company of friends and good food, the most in life. After a push from a close friend and a one-on-one blogging tutorial from another, Fork It Over Dubai was created in 2010. It began exclusively as a restaurant review blog, but has evolved into a food lover's portal including food photography, recipes, chef interviews and travel adventures. The blog is a great virtual escape from a busy lifestyle, where you can explore new restaurants, learn how to create a new dish to serve at your next dinner party, or have a laugh at my out-there food metaphors while enjoying some tantalising food photography.

"Your ultimate meal provides a window into your personality. Mine describes my deep-rooted traditional Lebanese values, and an undeniable drive to explore everything new and different."

Simple is beautiful!

My favourite Lebanese salad is a flat string bean salad: Lightly steam the string beans, drizzle some lemon juice and olive oil over, sprinkle salt and throw in crushed garlic – èt voila!

My Ultimate meal

I can't decide between tabouleh, roasted chicken and potatoes, which is a quintessentially Lebanese dish, and a selection of sushi with extra wasabi, soy sauce and ginger on the side.

Favourite restaurants

For breakfast: Make Business Hub in Dubai Marina for their ricotta hotcakes with honeycomb butter.

For lunch: Tawasol in Deira has the best chicken mandi.

For dinner: Nothing beats a spicy tuna maki from Zuma in DIFC.

Top cooking tip

Always core strawberries (removing the crunchy sour section) when you cook or bake. The easiest technique is to first cut the base of the strawberry so it's flat and exposes the inside. Insert a small paring knife at the edge of the white core at a 60 degree angle and follow the circumference all the way through until the core pops out. You could also insert a straw down the middle – or simply purchase a corer!

Midday fix

Jasmine tea with a tart, preferably a strawberry tart.



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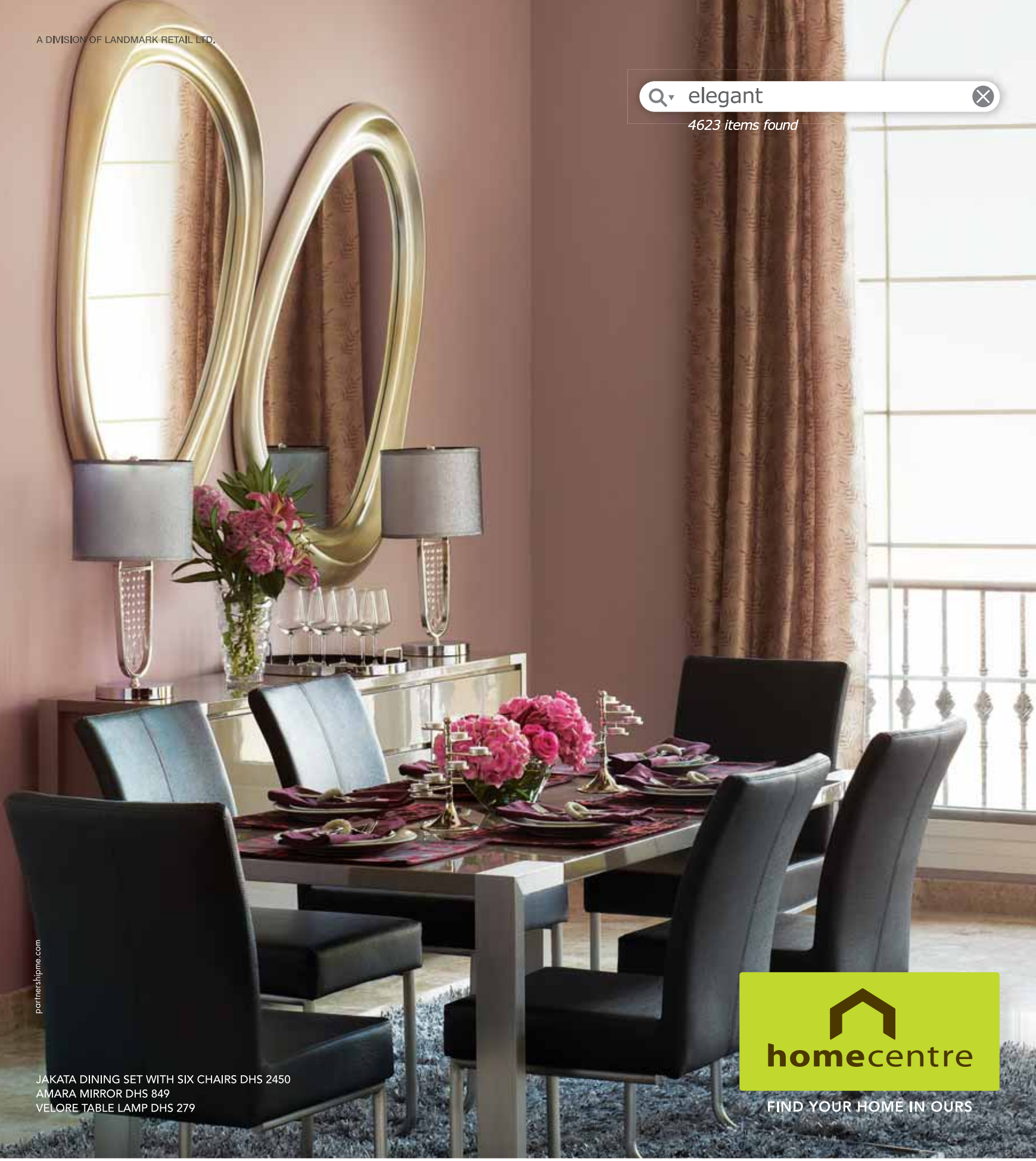
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